

**School of Sport and Recreation**

**Department of Coaching, Health and Physical Education**

**Constraints Practical**

Use the following observation sheet to record your thoughts after each activity

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| INDIVIDUAL CONSTRAINTS |

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| Piggy in the Middle |
| What - did you observe in the first game when the only scoring options was the middle goal? | So, what - was there any difference in what you observed when there was more scoring options? Why do you think this was? | Now what - suggest how you think manipulating the task can influence movement |

 