

# CHALLENGE ZONE

## **The Challenge Zone (Matching the Difficulty of the Activity with Athletes' Skill Level)**

While athletes are performing an activity, you should verify that they are appropriately challenged. When the demands of an activity are too high for their ability, they may become anxious or discouraged and may have difficulty learning. On the other hand, when the requirements are too low, athletes may quickly show signs of boredom or lack of interest. The difficulty level associated with the activity must therefore be optimal, i.e. athletes must feel that they have the ability to succeed but that the **activity represents a challenge.**

Athletes will be motivated to learn when they are challenged at the appropriate level. This implies there must be a reasonable chance of success OR failure when they are performing an activity. **As a general rule, if athletes succeed 2 times out of 3, the activity represents a suitable challenge.**

