TECHNIQUE UNDER FATIGUE

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| PERFORM | CAN THE ATHLETE PERFORM THE SKILL |
| PERFORM VERY WELL | CAN THE ATHLETE PERFORM THE SKILL IN TRAINING PRACTICES WHICH SIMULATES COMPETITION CONDITIONS |
| PERFORM VERY WELL AT SPEED |
| PERFORM WELL AT SPEED, UNDER PRESSURE AND FATIGUE | CAN THE ATHLETE PERFORM THE SKILL IN COMPETITION TO MEET THE DEMANDS OF EVERY COMPETITION SITUATION THEY FACE |
| PERFORM WELL AT SPEED, UNDER FATIGUE AND UNDER PRESSURE CONSISTENTLY |
| PERFORM WELL AT SPEED, UNDER FATIGUE AND UNDER PRESSURE IN COMPETITION CONDITIONS |

Diagram

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