

TWO TYPES OF ATHLETE MOTIVATION

1

TASK-ORIENTED ATHLETES

Task-oriented athletes judge success primarily against personal standards of skill and mastery of goals and tend to have:

- Higher athletic social connectedness
- Better well-being

Coaches, athletic directors, and student-athletes can encourage athletes to focus on their own mastery of skills and goals (task motivation) and not judge their success by comparing themselves to



2

EGO-ORIENTED ATHLETES

Ego-oriented athletes that are motivated by ego define success by being better than someone else and tend to have:

- Lower athletic social connectedness
- Lower well-being

other athlete's accomplishments and success (ego motivation). The well-being of an athlete is positively impacted by being socially, emotionally, and psychologically connected to their teammates.

