



BROMSGROVE SCHOOL

SPORT BULLETIN

Topic of the Week

Achievement Motivation—are you a NACH or a NAF?

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Have you ever wondered why some athletes are happy to just take part in a sport where others strive to compete and have a great desire to win?

To distinguish these differences, Sports Psychologists have linked personality, motivation and performance in sport. Personality traits play an important role in the way athletes interact with their environment and determines their achievement motivation.

Achievement motivation was proposed by Atkinson (1964) who believed that achievement motivation comes from an athlete's individual personality and is their motivation for success. Athletes will either face a challenge or avoid it.

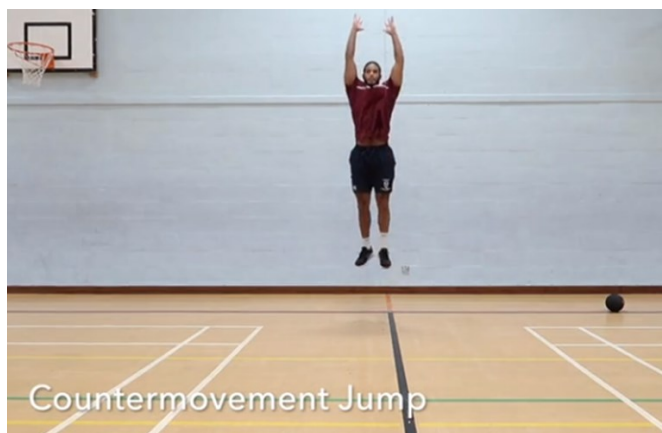
In a sporting context – achievement motivation helps explain an athlete's behaviour during training and in a competitive situation. Why do some athletes take chances to try and succeed while others will play it safe to avoid failure?

There are 2 personality categories that athletes are grouped into:

Need to Achieve (NACH)

Need to avoid Failure (NAF)

Everyone has aspects of both NACH and NAF within them. It is the difference between them that make up an athlete's achievement motivation.



Previous bulletins and useful sport information can be found on Twitter: <https://twitter.com/PmullanPaul>
<https://twitter.com/BromsSport>



NACH

- Enjoy taking risks and new challenges
- See failure as a learning experience
- See failure as a temporary setback
- Maintain calm in stressful situations
- Aspire to higher levels
- Ideal to coach a higher level
- Welcomes feedback

NAF

- Give up when they fail
- Lose their calm in stressful situations
- Do not enjoy taking risks or new challenges
- Can be difficult to coach
- Reluctant to aspire to higher levels
- Do not work hard for the long term
- Become demotivated from negative feedback
- Take the easy option

Sporting examples

NACH – a tennis player who attempts to serve an 'ace' on their second serve when they are a break point down

NAF – A goal shooter in netball who only attempts shots that are close to the post in netball

A coach ideally would like someone with stronger NACH characteristics.
What are you?

Workout Videos

Week 2: POWER

Beginner: <https://bit.ly/2LA6mbn>

Intermediate: <https://bit.ly/39MQLwS>

Advance: <https://bit.ly/39ImTSn>

Challenge 2: <https://bit.ly/35RNHie>

Mobility: <https://bit.ly/3nQxFLu>

Another useful link is head to the school website and look at all the extra-curricular context available.

<https://www.bromsgrove-school.co.uk/wellbeingresources>

**"You can motivate by fear, and you can motivate by reward. But both those methods are only temporary.
The only lasting thing is self motivation." – Homer Rice**