

Executive Functions of Intuition In Team Sports and Games

EF	GAMES	EXAMPLE
Inhibition	Horse Relay, Shinney, Snow Snakes.	Inhibition of distractions in the riders' environment in Horse Relay. Inhibiting distractions from the opposing team players to reach the goal with the ball in Shinney. Inhibition of distractions from other players prior to every throw in Snow Snakes.
Shifting	Horse Relay, Shinney, Snow Snakes.	Shifting attention of movements implicitly learned from previous trials to each new trial in Horse Relay. Maintaining flexible cognition though the many changes in play in Shinney. Shifting attention and coordinated effort to each new trial in Snow Snakes.
Working Memory	Horse Relay, Shinney, Snow Snakes.	Maintaining updated information of success and failures about each run in Horse Relay. Maintaining an awareness of movements from each player in the environment on both teams in Shinney. Maintaining updated information of success and failures from each throw in Snow Snakes.
Planning	Horse Relay, Shinney, Snow Snakes.	Planning each new trial in accordance with memory from past events in Horse Relay. Planning new strategies of movement with respect to previous plays in Shinney. Planning new strategies according to past successes and failures with each trial in Snow Snakes.
Emotional Control	Horse Relay, Shinney, Snow Snakes.	Maintaining focus and emotions during and after each race in Horse Relay. Maintaining good sportsmanship in each game of Shinney and Snow Snakes.
Monitoring	Horse Relay, Shinney, Snow Snakes.	Maintaining and applying updated information of coordinated events necessary to focus on each subsequent trial in Horse Relay, Shinney and Snow Snakes.
Organization of Materials	Horse Relay, Shinney, Snow Snakes.	Maintaining balance with the coordinated efforts of the team muggers in Horse Relay. Keeping goals in place and materials aside for each team in Shinney. Keeping track of equipment during each game in Snow Snakes.
Initiation	All Indigenous Games	Initiation of games with different groups (tribes) to learn different rules of different societies.

