Skill, Guidance, Practice and Feedback

- -Classification of a range of sports skills (open/closed, basic/complex, low/high organisation)
- -Practice structures (massed, distributed, fixed, variable)
- -Types of guidance (manual, mechanical, verbal, visual
- -Advantages/disadvantages of each type of guidance.

Giving instruction to an

Showing a demonstration

Coach physically moving

Artificial aid e.g., a float in

live, video, photo

the individual.

swimming.

- -Types of feedback (intrinsic, extrinsic, concurrent, terminal)
- -Mental rehearsal for performance

Definition

individual.

Guidance

Verbal

Visual

Manual

Mechanical

Feedback	Definition	Useful for?
Intrinsic	Comes from the performer themselves (within)	Experts – they already know how to perform the skill.
Extrinsic	Comes from an outside source e.g., coach.	Useful for beginners – lots of reinforcement.
Concurrent	Given at the time of performance (during).	Useful for beginners – get feedback throughout performance.
Terminal	Given at the end of performance (reflective).	Useful for all performers.



Mental Preparation/Re hearsal:

Visualising the performance in the mind, prior to performance. Can reduce anxiety, can help improve confidence and can help performers be more successful.

Massed Practice

Skill is practiced until learned, without a break

Distributed Practice

Skill is practiced over several sessions with rest

Types of practice

Variable Practice

Skill is practiced in variety of situations so can be adapted

Fixed Practice

Skill is practiced over and over until perfected

Skill Classification



High Organisation v Low Organisation

- High Organisation has more complicated phases difficult to learn separately
- Low Organisation clear. simple phases - easily broken down

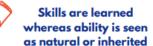
Basic v Complex

- Basic player finds easy & needs little concentration
- · Complex requires full concentration

Open v Closed

- Open variable & unpredictable environment
- Closed stable & predictable environment - can be planned

Skill v Ability





sports.





Advantages/Disadvantages

Can give lots of information.

Useful for beginners who have

The demonstration must be

accurate or its copied wrong.

Can cause information

never seen the skill.

Builds confidence.

Performer may become dependent on the support.

Reduces fear and anxiety.

Might not be possible for all

overload.



CLOSED

Tennis Serve Snooker Break