

# Skill Acquisition

Ultimate Australia Community Coach Course  
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# What is learning?

- Learning is a relatively permanent improvement in performance as a result of practice.
- The role of the coach is to bring about learning in the most efficient way possible.

# What is skill?

- ~~Skill = Technique~~
- Skill = Technique + Adaptability under pressure

# Stages of Learning

- Cognitive (beginner stage)
- Associative (intermediate stage)
- Autonomous (advanced stage)

# Cognitive stage of learning

- First time skill performers
- Learner requires overall picture of the skill (demonstration, explanation)
- Goal is for learner to develop a plan of what to do
- Coach to provide specific feedback
- Coach careful not to teach too much

# Four steps to teaching skills

1. Introduce the skill
2. Demonstrate and explain the skill
3. Have the learners practice the skill
4. Correct errors

# Effective feedback

- Simple - address only one aspect
- Specific - address specific part
- Frequent - throughout a session