



Skill acquisition

Stages of Learning

Cognitive Stage

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

Associative stage

- Skill performance becomes more consistent
- Emphasis on quality of practice
- Learner benefits from sensory feedback (visual, kinaesthetic)
- Goal is for learner to detect own errors and make adjustments
- Coach to provide positive reinforcement

Autonomous stage

- Skill performance becomes automatic and performance is reliable
- Frees up mental capacity to adapt skill under pressure and implement tactics
- "Paralysis by analysis"
- Goal is to holistically develop skill performance

Principles of Skill Practice

- Have players practice the right technique
- Have players practice the technique in game-like conditions as soon as they can
- Keep practices short and frequent when teaching new skills
- Ensure the players experience reasonable amounts of success
- Keep practice fun

Role of the coach in learner progression

The coach observes the learner to inform their decision making on:

- Frequency of practice
- Volume of practice
- Whether to practice the skill in parts or as a whole
- When the player should progress to advanced techniques

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