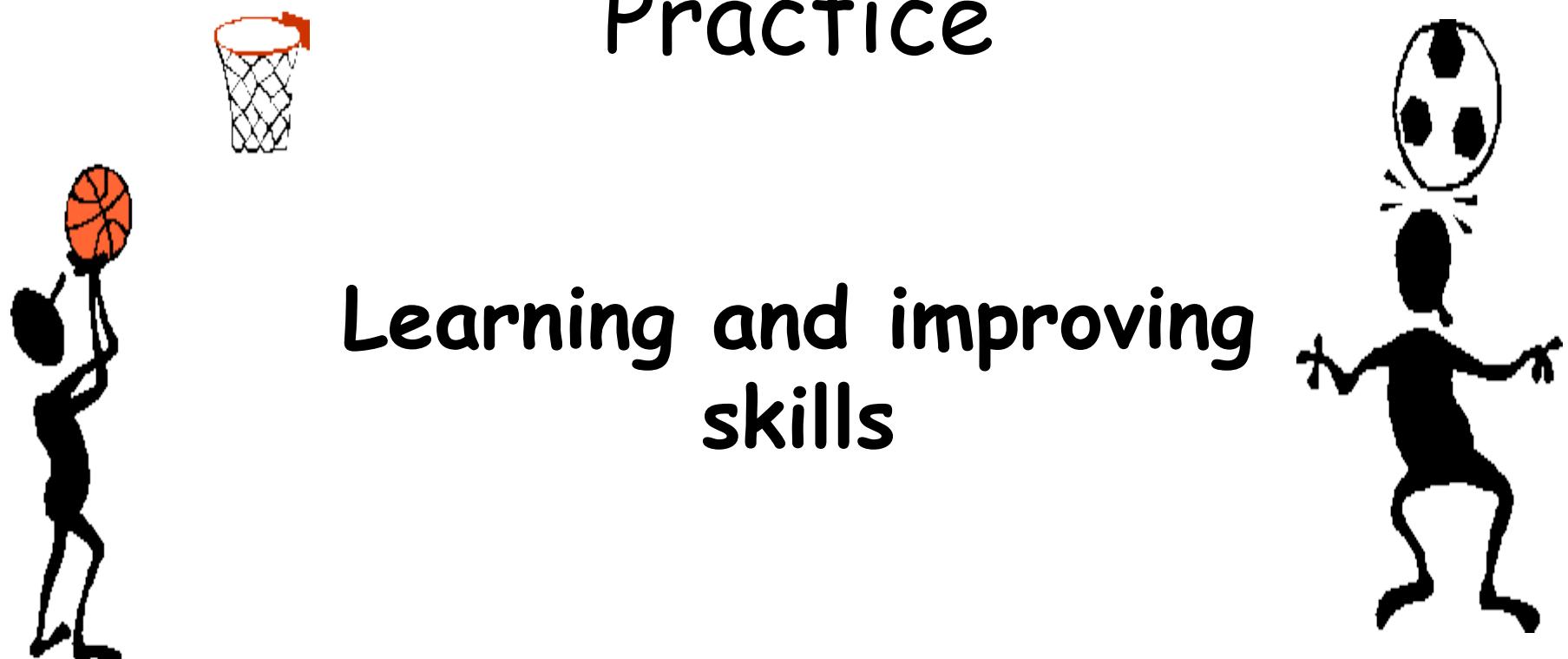


Principles of Effective Practice



Learning and improving
skills

Improving skill performance

There are 4 Principles of Effective Practice:

1. Know your strengths and weaknesses
2. Set clear objectives
3. Work/rest ratio
4. Gradually make practice more challenging

1 Identifying strengths and weaknesses

1. Know your strengths and weaknesses.

- Feedback from your teacher, classmates or knowledge of results
- Observation schedule
- Allows you to make practices relevant to your needs or weaknesses



2 Set clear objectives

How will you do this ?

- Discussion with teacher
- Focus on weaknesses from observation schedule

Why?

- To keep motivated by having targets to aim for
- Relevant to your needs or weaknesses
- To check for improvements regularly

Level of Ability

- Too hard - 'cannae doo'
- Too easy - no improvement

A gymnast completing a basic balance
on the beam



A gymnast completing a complex
demanding jump on the beam



3 Consider work to rest ratio

Train for a suitable amount of time

- Too short leads to little or no improvement
- Too long can lead to fatigue and prone to injury



Avoiding Tiredness and Boredom

- Training for a long period of time can lead to boredom.
-Varied Practices is one effective way of reducing boredom.



e.g. in swimming, varying the strokes you are swimming can make the practice more enjoyable.

Improving Skill Performance

How can we make practices more interesting?

- Short sharp practices
- Use different practices for the same skill
- Make it **competitive** - also makes it more game like
- **Conditioned games** - can you think of any examples?



4 Gradual Progression

4 Gradually increase the difficulty of the skill you are practising

- We build the practices up bit by bit.
- Challenging but achievable steps
- Method of training:

GRADUAL BUILD UP



Gradual Progression

As we get better at a skill we need to practice these skills in game like situations by making practices:

Easier (PASSIVE)



Or

Harder (ACTIVE)

Passive and active practices

Example: basketball lay-up

1. Learn lay-up with no defender
2. Passive defender: does not move
3. Active defender: attempts to stop you scoring just like in a game



Improving skill performance

Active practices: Pressure practices

You need to practice skills under pressure like you would get in a game

To reach the automatic stage of learning a skill you need to be able to perform the lay-up under pressure from opponents

Questions

Explain why setting realistic targets is important in relation to improving your performance?

Questions

Give 2 reasons why we should vary practice when improving performance.

i) _____

ii) _____

Questions

Give 2 reasons why we should make practices progressively harder.

i) _____

ii) _____

Questions

Choose a skill from an activity from your standard grade course and give an example of a:

- i) Passive practice
- ii) Active practice

Questions

Skill: _____

Passive practices:

Questions

Skill: _____

Active practice:
