

# 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 you 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?



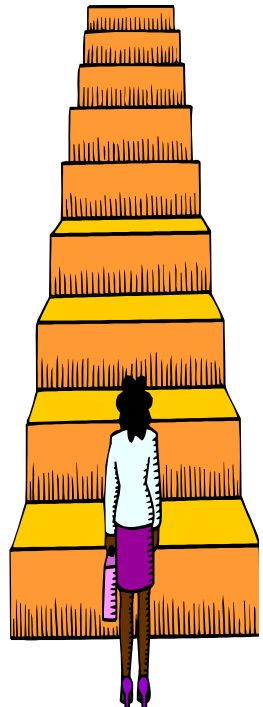


# 4 Gradual Progression

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

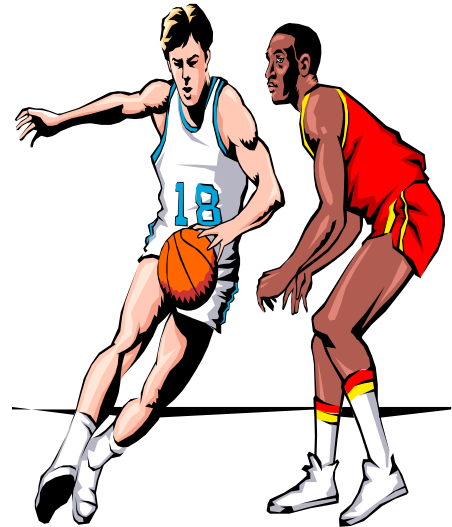
Harder      **(ACTIVE)**



# 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?

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# 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:

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# Questions

Skill: \_\_\_\_\_

Active practice:

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