



Coaching Practice – Previous Learning

1st4Sport Level 3

In this module we will look at...

- what makes a good demonstration – recap
- key components of a coaching session - recap
- linking key coaching styles to the main learning styles - recap
- your coaching practice - what you are doing and how you are doing it
- the impact of quality practice on performance

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How to . . .

Demonstrate

1. **Ensure you can be seen and heard by all** - gain attention

2. **Demonstrate whole technique** - slowly

3. **Demonstrate key parts of the technique** - emphasise key coaching/safety points



5. **Use questions to check understanding**

4. **Repeat demonstration from various angles**

Coaching Styles

Adapting your coaching style

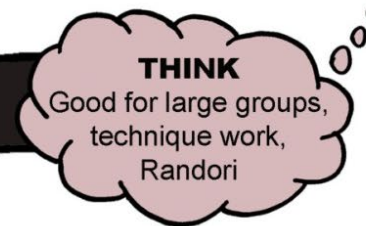
1. 'Show and Tell'

- Give instructions and demonstrations



2. 'Set up and stand back'

(Set up an activity - stand back and observe)



4. **Look at the activity and your players** - when is it best to use each style and **why?**



3. 'Question for players to think'

(Use questions to help players think)

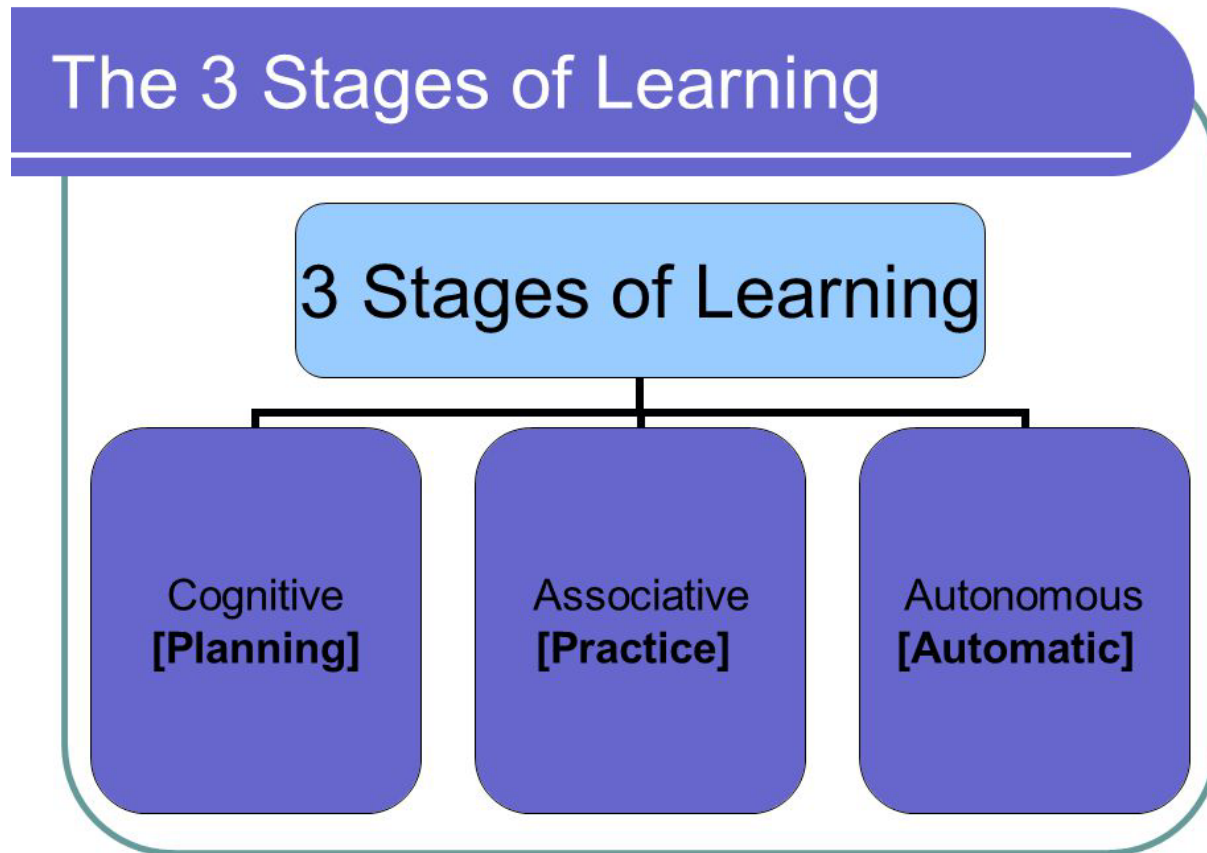
EDG INSTRUCTION METHOD (OR TSH)

1. Explanation
tell them what do **Auditory**
2. Demonstration
show them how to do it **Visual**
3. Guided practice
help them learn to do it **Kinaesthetic**

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Learner Model

(Fitts & Posner (1967))



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Summary