The Learning Environment

- the learning environment
  - nature of the skill (open, closed, gross, fine, discrete, serial, continuous, self-paced, externally paced)
  - the performance elements (decision-making, strategic and tactical development)
  - practice method (massed, distributed, whole, part)
  - feedback (internal, external, concurrent, delayed, knowledge of results, knowledge of performance)

- design a suitable plan for teaching beginners to acquire a skill through to mastery. The plan should reflect:
  - appropriate practice methods for the learners
  - the integration of relevant performance elements
  - an awareness of how instruction may vary according to characteristics of the learner
 - how feedback will be used as learners progress through the stages of skill acquisition

Practice method

- Training and practice allow athletes to refine skills and develop performance elements.

Different types of practice include:

- 1. **Massed or distributed**: Massed practice involves performing many repetitions over a longer time. This is good for low intensity and simple skills (AFL goal kicking). Distributed practice involves periods of practice and <u>rest</u>. This is good for high-intensity and complex activities (pole vault).

- **Massed practice** involves a continuous practice session, with the rest intervals being shorter than the practice intervals.
- **Distributed practice** (or spaced practice) involves a broken practice session, with the intervals of rest or alternative activities being longer than the practice intervals.
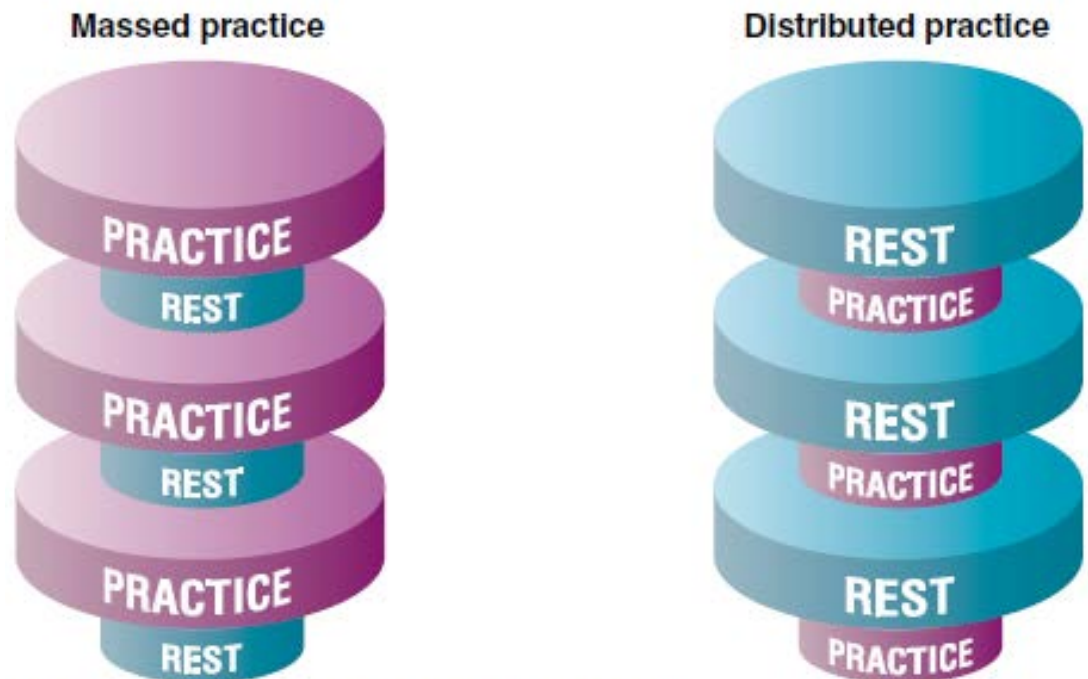
Figure 8.20: Massed and distributed practice

- 2. **Whole or part**: If a sport or skill cannot be broken into sub-components or is simple in nature, whole practice is better (sailing). If a sport or skill has a number of sub-components that can be broken down to be practiced separately, part practice is better (Rugby Union).

The **whole practice method** is applied when a skill is practiced in its entirety. The **part practice method** is applied when a skill is broken into smaller components and each discrete subskill (subroutine) is practised separately.

Whole practice

Part practice

1. Catching
2. Dribbling
3. Stepping
4. Driving up
5. Shooting
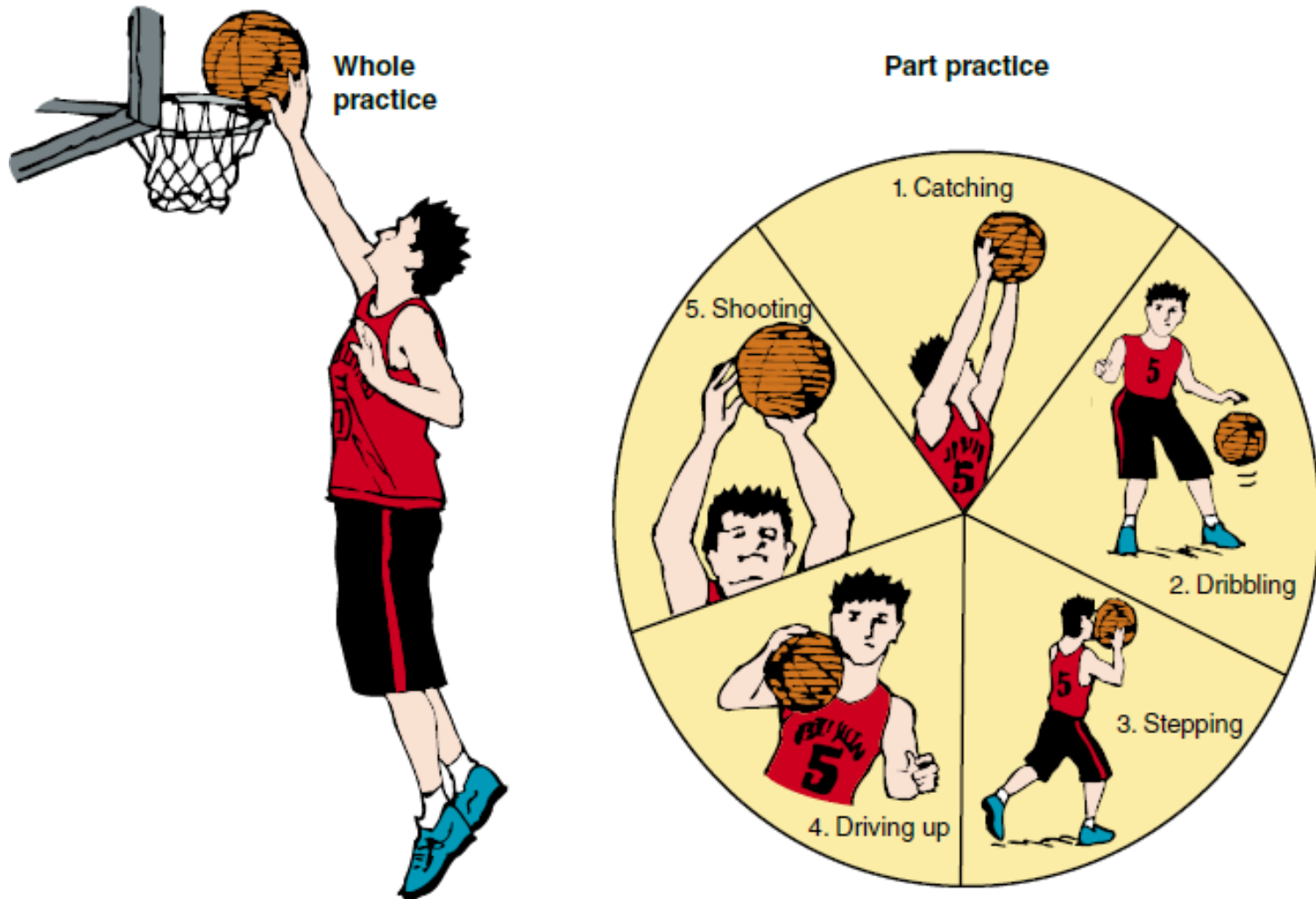
Figure 8.21: The difference between the whole (left) and part (right) methods of practice