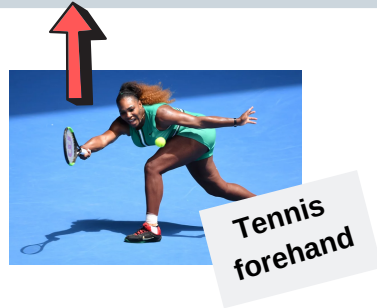


Types of Skill

The types of skills used in a performance are classified on a sliding scale called a continuum

Open

Affected by external factors. i.e the opposition or environmental factors.



Closed

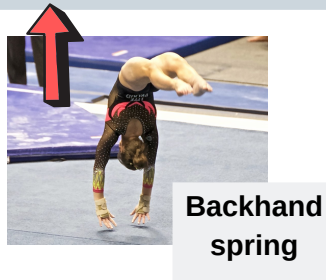
Not affected by external factors. i.e the opposition or environmental factors.

Badminton Serve



Complex

- Difficult to learn
- Require high concentration
- Complicated subroutines



Simple

- Simple to perform
- Require little concentration
- Simple movements

Jumping in netball



Types of Practice

Whole practice

This practice involves repeating the whole series of actions. Gymnastic skills and games activities are easier to perform as a whole. The actions can be performed over and over to perfect them.

Part practice

This practice is used when the skill is low in organisation and can be split up into sub routines. If the skill is complex, it can be broken down into sub routine to allow mastery of the 'parts' before putting them all together.

Variable practice

This involves using different methods to achieve a learning goal, or performing a task in different situations. It aims to provide the performer with the ability to adapt a skill to a range of possible circumstances

Fixed practice

This practice involves a stable and predictable environment where conditions remained fixed. Fixed practices are usually employed for closed type skills.

Methods to Improve Performance

Altering context of performance

Playing and training with better players can help improve performance.



Different types of practice

Using the various types of practice that are suited to a specific skill or sport can help improve performance.



Use of tools to aid evaluation

Match analysis and video analysis can help identify areas for improvement.



Ways to Measure Improvement

Completion of proficiency awards

Players and performers can complete proficiency to show they are able to compete at the next level.



Monitoring competition results over time

Results can be monitored over a period of time to see if improvements have been made.



Keeping individual logs/diaries

Logs and video diaries can be used to log self evaluations of performances and they can also be used to record results.



Peer observation

Team mates and coaches can also observe performances and offer feedback.



Measurements/data

Fitness tests can be repeated and results can be compared to the original data to see if improvements have been made.

