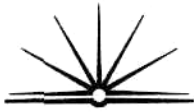


warm up instruction, <sup>skill</sup> practice  
cooldown skill instruction  
overview

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226 (a) A coach through his/her years of training & educating him/herself can effectively evaluate the effectiveness of the skill instruction element of a training session.

The coach could evaluate it by the results of his/her student(s), if there has been an improvement from ~~the~~ sessions prior & if the athlete(s) are following instructions probably. The skill instruction element is a stage of a training session, it is required before the skill practice and applied after the athlete(s) warm up. The coach would be able to evaluate the effectiveness of the skill instruction after ~~analysing~~ analysing the skill practice. If the instruction of his/her instructions were effective, will



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cont  
(a)

be shown in the athlete(s) performance/  
practice.

PTO