

Q26. IMPROVING PERFORMANCE

a) A coach can use various techniques to evaluate the effectiveness of skill instruction.

One technique would be to carry out a skills test.

This is where the athlete would carry out an exercise/task that had been explained before & put it into action without any help from the coach. Therefore the coach would know how much info the athlete took in.

By making him/her compete or train with a trained athlete gaining more experience & instruction.

By practicing their reaction time. This will determine as to how well ~~they~~ they have caught on.

By acknowledging whether the

athlete gets a 'kinesthetic feel'.

By placing the athlete in a different environment. This would be described as a ~~an~~ closed skill where the environment is always changing. Therefore you can see how well the athlete has adjusted & what their capabilities are.

You can use various practice methods:

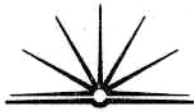
Speed v's Accuracy: ie tennis serve. Can be slowed down to increase accuracy.

Massed v's Distributed:

Time: How much time you spend on that activity.

Whole v's Part: Either by ~~pr~~ training all in once or breaking it down into sections & having breaks.

Another technique is judging the quality of performance.



This of course all depends on the athlete's prior experience, personality, the extent of energy, somatotype, gender, age, personality traits, willingness to learn, speed of interpreting information, differences, natural ability etc.