



QUESTION 26A:-

There are various ways in which a coach could evaluate the effectiveness of a skill instruction ~~was~~ element of a training session. Evaluation could be carried out either objectively or subjectively or through the use of a criteria based evaluation. The coach may look at each member of the team individually and observe which elements of the skill had not been carried out at an autonomous level and go through the practice stage of that section of the skill again. Technology can also be used to evaluate the effectiveness of skill instruction through video analysis of that skill. Skill instruction is an important element of a training session as it allows team members to learn new skills to improve various methods and areas of their game. If evaluation is objective it is hoped that the athlete will achieve the objectives of acquiring that skill, if it is subject it will be at the discretion of the coach whether the athlete has achieved that skill up to the adequate standard.