



Question 26 - Improving Performance.

a) The coach could evaluate the effectiveness of skill instruction by the number of children that acquire the skill easily. It could be assessed by the ~~with confidence~~ confidence that the athlete displays in practicing the skill. A coach could ask for feedback after the training session to assess the problem areas of skill instruction and any ideas on how best to aid the learning of the athletes being coached. ~~The~~ The coach could ask if there are any questions about the instructions prior to performing the skill. The ease with which the skill is performed at the next training session is also a good indicator of effective skill instruction.