

Improving Performance

20) Skill introduction in a training session must be :

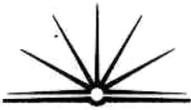
- Fairly quick
- Easy to understand
- Demonstratable.
- Enhance excitement in players

towards the skill if possible.

A coach could evaluate the effectiveness of the skill introduction element of a training session by using the following :

- A look at the way the skill was performed during the next stage of the training session in the "skills practice" part. If the athletes understood the skill introduction then the skill practice would resemble fairly well the skill being taught.

- The coach could also evaluate the way the skill introduction went through watching the attitudes of the athletes. Are they



making eye contact? Do they look bored & uninterested? If the athlete doesn't have a focused attitude then the skill introduction was probably not as successful as it could have been. This lack of focus will lead to the athletes performing the skill badly with many faults.

- It can also be evaluated by checking the performance of the athletes during competition. If their technique is better & that's what the skill focused on then the introduction could be seen as successful & effective.

- Evaluation could take place during the 'evaluation' component of the session where the coach can get feedback from the athletes on what they thought & whether they understood his directions.