



Q26

Improving Performance

a) To evaluate the effectiveness of the skill instruction element of a training session the coach could use a variety of methods to show the athletes the correct way to perform a skill. Examples include demonstrating for the athletes instead of just trying to explain, using video replays of previous games, video replays of skilled teams to show how the skill is performed in more skilled performers, breaking the skill down into parts instead of trying to teach the whole skill in one part.