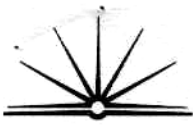


Q 26 - IMPROVING PERFORMANCE

a.

A coach could evaluate the effectiveness of the skill instruction element of a training session by asking his/her athletes to apply the particular skill to a main event or full movement during a training session. For example a coach could introduce the skill of 'pulling' to his squad of swimmers asking them to put emphasis on their forearm movement so that a sufficient catch in the water is achieved. The coach could then evaluate the effectiveness of the skill by asking his swimmers to swim 100m normal freestyle concentrating on the strength of their forearm. He may also ask his squad members to count the amount of strokes it takes them to complete one lap. If a swimmer who applies the skill to the stroke



counts a number which is less than his/her previous stroke count, the coach can then judge whether or not the skill was effective.