





the observation.

Observer - the coach watches to see when the skill is being done properly and re-corrects when not being done

Comparison in competition - if the person is increasing in performance then they may have improved the particular skill element of the work.

Doing particular workouts that utilise the skill - ie if the swimmer's skill is speed development then in a particular set such as 20 x 50m max the coach would watch to see if the total average of the times is improving and then compare with the set for validity, and with other swimmers for reliability.