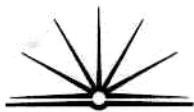
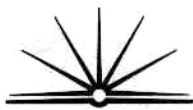


Q26 - Improving performance.

a) Skill instruction is one of many elements of a training program, generally consisting of an overview, ^{warm up} skill instruction, skill practice, conditioning, cool down, and an evaluation. The effectiveness of the skill instruction element is ultimately the combined responsibility of the coach and the athlete, however, the coach is generally responsible for preparing, and delivering the information to the athlete concerning their performance, and the improvements, strengths and weaknesses. The skill instruction component of a training session is a minor, yet important element,



And involves the coach delivering instructions to athletes concerning movement pattern, handling and such associated skills that are subsequently practiced. Methods the coach could ideally use to evaluate their effectiveness in instructing the skill would include observation (during the session of skill practice, or prior to the session using video analysis). If the coach was to observe the athlete during skill practice, it would be ideal to record observations, and continue this method over time, evaluating the athletes improvements or decline in that particular skill. The coach is then able to determine his effectiveness in skill instruction as a result of the



Athletes progression.

Additionally, the coach may also use observation as a technique by ~~using~~ utilizing video analysis of the skill practice session, which can thus be viewed following training by the coach.

The evaluation element of training is also effective in recognising the success of each component of the session, through ^{group} discussion of athletes, thus gaining their own personal views of the coaches success in skill instruction, and delivering this to the coach.