



Teaching Sports Skills

Course Objectives:

- Overview of critical steps of instruction
- Identifying demands and targeting purposes of skills
- How to make effective practice tasks
- Communicate what is to be learned through use of implicit instruction
- Organize practice arrangements
- Provide appropriate supervision and feedback
- Make sure the environment minimizes risk
- Check for understanding
- Continuously re-check that players are on-task and successful
- Utilize different teaching strategies to enhance motivation and commitment to practice

Unit 1: Overview and Introduction

Unit 2: Sport Skills Instruction

- Overview
- Demands and Purpose
- Prioritize
- Communicate
- Organize
- Supervision and Feedback

Unit 3: Implicit Instruction

- Student Knowledge
- Analogies
- Errorless Learning

Unit 4: Designing Intentional Instructions

- Attention
- Communicate
- Demonstrations
- Feedback (Critical Elements)

Unit 5: Coach Functions in Teaching Skills

- Overview
- Minimize Risk
- CFU (Check for Understanding)
- Monitor Success
- Motivation

Resources: Glossary; Daily Practice Plan; Developing a Training Session; Drill Guidelines; Goal Setting Worksheet; Important Issues in Practice Management; Planning For a Season; Practice Organization; Practice Planning Tips; Pre-Season Training Plan; Sample Drill Sheet; Schedule Form; Seasonal and Weekly Planning Tool; Skill Evaluation Form; Student Performance Log; Teaching Reminders Checklist; Team Scouting Summary Form; Weekly Practice Plan; Year Round Training Plan