

Proposed Presentation / workshop

Richard Cheetham MBE

Senior Fellow in Sports Coaching

University of Winchester

“Exceeding Expectations”

Improving Skill Acquisition through Deliberate Practice:

Key Elements of Deliberate Practice:

Aims:

The application of the concepts of deliberate practice to coaching sport can have a positive and significant impact on performance, skill acquisition and learning. This session is designed to demonstrate the following through practical coaching;

- How to match the complexity of the skills to the complexity of those in competition
- Activities that require near maximal effort both physically and mentally
- Challenges the player to work ‘outside their comfort zone’
- Provide activities that offer intensity and maximum attention from all involved
- The use and relevance of including problem solving tasks
- Integration of ‘guidance’ from the coach and ‘reflective practice’ by the players

Rationale:

The adoption and integration of deliberate practice in coaching session design is guided by not only the performance requirements but also the approach used. These guidelines will be embedded into the practical delivery session in order that coaches can see their application.

- What are the aims of the session?
- How are strategies developed to maximise learning opportunities?
- What does ‘good performance’ look like and how will the players know what they are measuring their performance against?
- What opportunities are included in the session to develop and challenge the specific skills?
- How can the player identify their level of performance, achievement and progression