Effective coaching – by Simone Dorsch

- lessons compiled from Magill R and Anderson D 2016. Motor Control and Learning 11th Ed. McGraw Hill New York

Attentional capacity

Attention is a

"limited capacity resource"

Beginner

- 1 -2 instructions only
- attention is divided between
 - remembering instructions
 - performing the skill

Attentional focus

"action effect hypothesis"

Actions are best planned and controlled by their intended effects





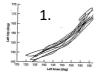
Don't hitch your shoulder or let your arm rotate inwards



Demonstration

- more demo
- better learning
- demo should precede practice
- demo as much as needed





1. Hip/knee co-ordination in Performer who saw demo



2. Hip/knee co-ordination in Performer who did NOT see demo

Instructions

- external focus
- better learning
- internal focus
- interferes with learning

Take your stomach to touch the



Squeeze your bottom muscles



Instructions

- 1 to 2 instructions only Too many instructions
- info overload
- interferes with learning

Environment structure

Use environment structure to:

- 1. decrease instructions
- 2. provide external focus

Please BE QUIET!!! I can't concentrate



Nice big steps, stand tall, knee straight, nice and tall, hips forward, shoulders back



- ⇒Wall provides cue for hip and knee extension
- ⇒ Minimal verbal instruction needed
- ⇒ External focus can be used

Feedback

Concurrent feedback

improves performance

BUT is detrimental to learning

⇒ Summarize sets of practice with knowledge of results FB

Example 1



It took you 1:35min to do 20 reps, 20 sec faster than last

Example 2



Out of 20 reps you lost balance 7 times the on the first attempt and 3 times on the second attempt