

# Effective coaching – by Simone Dorsch

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

## Attentional capacity

Attention is a **“limited capacity resource”**

Beginner

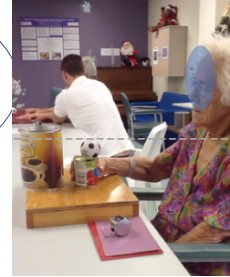
- 1-2 instructions only
- attention is divided between -
  - remembering instructions
  - performing the skill



## Attentional focus

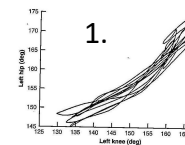
**“action effect hypothesis”**

Actions are best planned and controlled by their intended effects

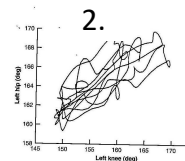


## Demonstration

- 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

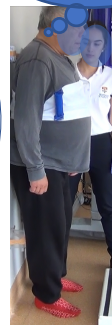
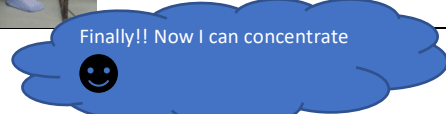
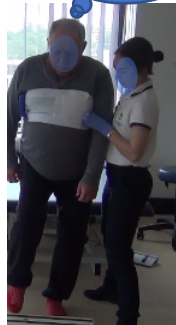
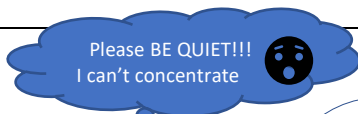
## Instructions

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



## Instructions

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



### Environment structure

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

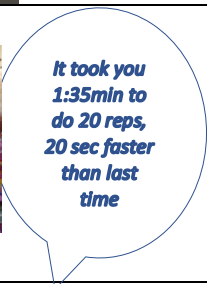
## Environment structure

- Use environment structure to:
1. decrease instructions
  2. provide external focus

## Feedback

- Concurrent feedback
- improves performance
  - BUT** is detrimental to learning
  - ⇒ Summarize sets of practice with knowledge of results FB

### Example 1



### Example 2

