

SIX-STEP PROCESS TO TEACH TECHNICAL SKILLS

INTRODUCTION

Teaching technical skills requires a systematic approach that considers the individual learning styles of your athletes. By creating a culture of learning, understanding different types of learners, and implementing effective teaching methods, coaches can help athletes develop and improve their skills.

Following is a six-step process to teach technical skills effectively.

1 DEVELOP A TEAM CULTURE OF LEARNING

Prioritize teaching over coaching; this means dedicating the most time to teaching the technical skills.

Communicate to the participants, and their parents, that skill development is the primary focus. Be open and upfront, and state that mistakes will likely be made. Explain that these mistakes are just part of the learning process. Additionally, model positive behavior when teaching life skills such as sportsmanship and maintaining a positive attitude.

2 REALIZE THERE ARE DIFFERENT TYPES OF LEARNERS

Coaches must understand that athletes have different preferred learning styles. There are four main types of learners: auditory, visual, reading, and kinesthetic. Do not separate athletes into groups based on their learning style, but instead, incorporate all methods for the entire group. E.g. For a single skill, provide handouts, verbally explain the skill, demonstrate it, and then have athletes perform it.



AUDITORY LEARNERS
prefer to hear instructions and key teaching points



VISUAL LEARNERS
prefer to see skills demonstrated



READING LEARNERS
prefer to see the drills that teach the skills on paper



KINESTHETIC LEARNERS
learn best by performing the skill

3 USE A SYSTEMATIC & INTENTIONAL APPROACH TO TEACHING SKILLS

The **I.D.E.A.** method is a preferred approach to teaching skills. It is crucial to remain positive throughout the teaching process.

I. INTRODUCE
Get athletes' attention, name the skill, and explain its importance.

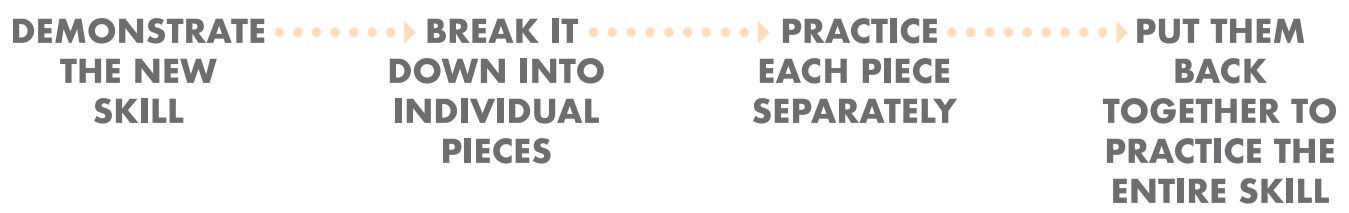
D. DEMONSTRATE
Use correct form to demonstrate the skill at different speeds and angles.

E. EXPLAIN
Check athletes' understanding by asking them to explain the skill to you.

A. ATTEND
Pay attention as athletes use the skill. Provide extra help when needed.

4 THE WHOLE-PART-WHOLE METHOD

For complex or difficult to learn skills, coaches can use the **WHOLE-PART-WHOLE METHOD**. E.g. A swimmer learning a new stroke might work on the kick, then the arm movement, and then finally practice the entire stroke.



5 DEVELOP AND IMPROVE

Closely observe athletes as they work on new skills and provide quick corrections when needed. Maintain a positive approach by focusing on what athletes should do rather than what they should not do. Use affirmative language. Say "do this" as opposed to "don't do that". If athletes are making multiple errors, address the most important error first.



6 MOVING TOWARD MASTERY

Rewarding desired behavior is fundamental to effective teaching. Catch athletes "doing something right" and provide specific and strong praise.

E.g., instead of simply saying "Nice job," say, "After you made that pass, I loved how you moved into the open space behind the defender."

By following this six-step process, coaches can help athletes develop technical skills and move closer to mastery.

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