

Dissection of skills of technical elements;			Thorndike's Law;			Learning Theories (cont)			Learning Theories (cont)		
Preparation Phase	Execution Phase;	Recovery Phase;	Law of readiness – The athlete must be both mentally and physically capable of performing the skill efficiently	Law of effect – If followed by a pleasant reaction, then the SR bond is further strengthened. If the following reaction is negative, then the SR bond is weakened	Law of exercise – If rehearsing (or exercising) the stimulus--response (SR) connections help strengthen them and dogs reinforce the correct skill	A bell was rung at dinner times, just before their food was brought out. Before long, the dogs started associating the bell with food and would start salivating at the sound of the bell, before food was even presented.	Skinner's theory of operant conditioning involves the correct response to a situation or task being rewarded	Negative Reinforcement – Removal of unpleasant consequence from coach when correct technique is shown e.g. coach will stop shouting at the performer. SR bond to not repeat this behaviour in the future	referee blowing whistle signifying that play should stop is a good example. The athletes know what to do without having to think about it.	Examples in sport are situations such as football shooting practice. The coach may direct the players to strike the ball into the right of the goal. If this is done they are rewarded.	Punishment – This is used when the action performed is not desirable e.g. a player may be sent off for a reckless tackle - miss a game, be fined or lose their role in a team. Weakens the SR Bond - less likely to be repeated in the future
This will vary between certain skills. Commonly coaches will look at the athlete/performers:	his will vary between certain skills. Commonly coaches will look at the athlete/performers:	This will vary between certain skills. Commonly coaches will look at the athlete/performers:	Learning Theories								
Head Position & Hand Position	Foot Position & Rhythm of Movement	Foot Position Effect on the results	Classical Conditioning; Pavlov came up with this theory having performed an experiment using dogs.	Operant Conditioning; the correct response with praise or a treat - strengthens the stimulus--response bond (S-R Bond) likely to be repeated in the future.	Positive Reinforcement – Rewarding the correct response with praise or a treat - strengthens the stimulus--response bond (S-R Bond) likely to be repeated in the future.						



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Coach and performer;		Coach and performer; (cont)			Coach and performer; (cont)		Coach and performer; (cont)				
Command;	Reciprocal	Guided Discovery	This Problem Solving;	This type of style	This can be done	Sporting Example:	Sporting Example:	Sporting Example:	Sporting Example:	+ Can be used for	+ Greatly improves
A coaching style where the coach makes all the decisions, while the athlete is expected to follow directions	A coaching style where both the coach and the athlete/learner work together and have equal input to achieve mutual advantage	A coaching style where the athlete is guided in order to achieve an outcome. The athlete/learner discovers a solution through task experiences	A coaching style where a participant's problem is set within sessions. The learner finds the answer	athletes to work together in small groups to provide instant feedback on skills.	through questioning or tasks (trial & error) so that learners discover the answer through guidance.	Leaving the responsibility for their own learning which can improve self-confidence and creativity.	Athletes/learners working in pairs/groups to work on their basketball set shot and provide feedback on technique after each repetition	Devising tactics within team games for specific situations	Deciding strategies & deciding how to play against a certain opponent	mixed ability groups	& Very effective with high level learners/athletes
										- Can be boring and has no creativity	- Expert learners could coach wrong technique & Not good for complex skills



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