

# Skill, Guidance, Practice and Feedback

- Classification of a range of sports skills (open/closed, basic/complex, low/high organisation)
- Practice structures (massed, distributed, fixed, variable)
- Types of guidance (manual, mechanical, verbal, visual)
- Advantages/disadvantages of each type of guidance.
- Types of feedback (intrinsic, extrinsic, concurrent, terminal)
- Mental rehearsal for performance



**Mental Preparation/Rehearsal:**  
Visualising the performance in the mind, prior to performance. Can reduce anxiety, can help improve confidence and can help performers be more successful.

Feedback	Definition	Useful for?
<b>Intrinsic</b>	Comes from the performer themselves (within)	Experts – they already know how to perform the skill.
<b>Extrinsic</b>	Comes from an outside source e.g., coach.	Useful for beginners – lots of reinforcement.
<b>Concurrent</b>	Given at the time of performance (during).	Useful for beginners – get feedback throughout performance.
<b>Terminal</b>	Given at the end of performance (reflective).	Useful for all performers.

Guidance	Definition	Advantages/Disadvantages
<b>Verbal</b>	Giving instruction to an individual.	Can give lots of information. Can cause information overload.
<b>Visual</b>	Showing a demonstration live, video, photo	Useful for beginners who have never seen the skill. The demonstration must be accurate or its copied wrong.
<b>Manual</b>	Coach physically moving the individual.	Builds confidence. Performer may become dependent on the support.
<b>Mechanical</b>	Artificial aid e.g., a float in swimming.	Reduces fear and anxiety. Might not be possible for all sports.

