

Demonstrating a skill

Everybody has heard the old saying that a picture paints a thousand words. Demonstration is a very important component coaching and coaches need to be aware of some important guidelines when attempting demonstrations.

POSITION

1. Can you see the group? Can they see you? Face the group away from distractions such as the sun, traffic or other groups.
2. There are several ways you can arrange the demonstration. This could range from having the group huddled together to being spread out in positions on the court. As coach you must ensure players can see and hear when the demonstration takes place.

WHAT TO DO

1. Often players in your team will exhibit correct technique or skill execution, use them as demonstrators when possible. Failing this, the coach or an expert may be used to demonstrate.
2. Keep your explanations simple and brief. Try not to give players more than two or three main points at a time.
3. Speak clearly
4. Avoid pointing out things 'not to do' as this will complicate the demonstration.
5. It is all right to break the skill into separate components for the purpose of the demonstration – but, if this is going to be done, demonstrate the complete skill at normal speed before and at the end. For example, if you are discussing the skill of passing, it may be beneficial to demonstrate separately the placement of the feet, the position of the hands on the ball and finally the movement and follow

through of the arms. However, show the pass several times first and again after the separate parts.

6. Demonstrating technique is important as it allows opportunities to develop skill. Game Sense training allows players to translate technique into skill execution and decision making.
7. Allow time for players to practice what they have just seen. You may need to revisit the demonstration again and repeat this process when necessary

HELPING INDIVIDUALS

1. Observation is critical, look out for opportunities to make players and the team aware of areas to improve.
2. Questioning allows players to reflect on errors and think of ways to improve. This is a more effective method than telling players what to do.
3. Be positive and approachable when discussing player's areas of development.
4. Discrete coaching allows coaches to work with players on a 1 on 1 basis whilst the rest of the group continue the activity.
5. Always show the correct skill last. If you are showing a player the difference between what they are doing and what you want them to do – demonstrate the correct skill after you have shown them their current method.
6. Let the player have a few more tries before doing any more error-correction.