

How to Teach Skills: Just One Person's Opinion

I. Whole-Part-Whole

- a. **Whole-** Show the whole skill that you want them to perform.
 - i. Show it how you want it done. This is what they will see first. Players usually imitate the first thing they see.
 - ii. Pick someone who does the skill right if you are unable.
- b. **Part-** Break down the skill into parts.
 - i. Start with foot work-just a small thing but can make a HUGE difference.
 - ii. Move up the body until the head.
 - iii. It is important to have all the PARTS done correctly so that the finish product.
 - iv. Have cues for the players to remember:
 1. Feet shoulder just less then shoulder width
 2. Hips square
 3. Elbow in
 4. Shoulders square
 5. Eyes on target
 6. Follow through
 - v. Each player may have different cues once you get going.

c. **Whole-** Have them practice the whole skill ONCE they have all the parts.

i. Watch the parts when practicing the whole.

*** Once they learn it if you deem it important you must practice it often.

*** No sense yelling at them during a game to FOLLOW YOUR SHOT if you do not practice it.

II. How to practice the Skills:

a. When teaching it may take 20 minutes but should not go longer.

b. When they are practicing keep drills to 5 minutes to 10 minutes. (depending on skill)

c. Players lose interest and therefore the quality of practice is not as good. (Quality vs. Quantity)

d. Players like a fast pace for practice.

e. Have drills that are competitive, Players will go harder.

f. If you have enough coaches or you are able to watch all stations, stations are a great way to get through many skills.

III. Adjust to your Players:

a. I have had a wide range of athletes:

i. My 0-20 season I had to break down every skill and drill to their level.

ii. Last year had very skilled. fundamental athletes. I could just give them cues. Still demonstrate if they struggle at a skill.

**** Most important thing is work on the skills that will help you be successful, Each team is different.