



## Teaching Sports Skills

Written by Professor of Sport Studies at Western Michigan University, Jody Brylinsky and Associate Professor of Physical Education Teacher Education at Western Michigan University in Kalamazoo, Suzan Ayers; Teaching Sports Skills provides the teacher/coach with a baseline of information needed for successful coaching methods. Successful coaching and successful teaching share many characteristics in their approach and results; course content has been based on the National Standards for Sport Coaches. Coaches can start and complete a course immediately after a course purchase is approved, and will have up to one year after purchase to review and access all printable resources.

### Overview Introduction

#### Unit 1: Sport Skills Instruction

- Overview
- Demands and Purpose
- Prioritize
- Communicate
- Organize
- Supervision and Feedback

#### Unit 2: Implicit Instruction

- Student Knowledge
- Analogies
- Errorless Learning

#### Unit 3: Designing Intentional Instructions

- Attention
- Communicate
- Demonstrations
- Feedback (Critical Elements)

#### Unit 4: Coach Functions in Teaching Skills

- Overview
- Minimize Risk
- CFU (Check for Understanding)
- Monitor Success
- Motivation

**Resources:** Glossary; Daily Practice Plan; Developing a Training Session; Drill Guidelines; Goal Setting Worksheet; Important Issues in Practice Management; Planning For a Season; Practice Organization; Practice Planning Tips; Pre-Season Training Plan; Sample Drill Sheet; Schedule Form; Seasonal and Weekly Planning Tool; Skill Evaluation Form; Student Performance Log; Teaching Reminders Checklist; Team Scouting Summary Form; Weekly Practice Plan; Year Round Training Plan