

Classification of skills



UNTAMED
EDUCATION

2.2.1 Sports psychology

Skill

High Organisational

Distributed

Ability

Closed

Open

Classification of skills

Practice

Low Organisational

Fixed

Gross

Massed

Variable



Classification of skills

1. Skill and ability

Skill is defined as:

“Skill is the learned ability to bring about a pre-determined result with maximum certainty and efficiency”

Ability is defined as:

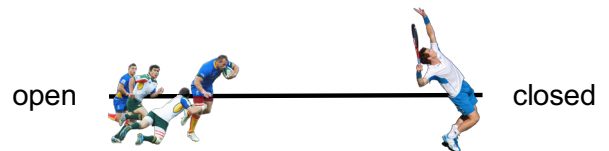
“Ability is inherited not learnt. It does not change throughout a person’s life. Abilities impact a person’s potential to learn skills.”

2. Skill

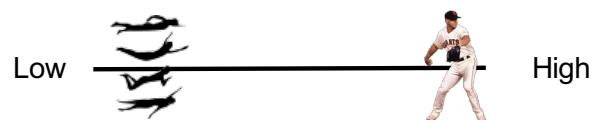


continuums

► Open and Closed Skills



► Low organisational and high organisational



► Basic and Complex Skills





Classification of skills

3. Open skills

- ▶ Some skills need to be constantly **adapted** or modified during play.
- ▶ The environment is **not** under the performer's control, usually because others are involved.
- ▶ Some affecting factors may be, opponents, weather and surface.



4. Closed skills

- ▶ These skills are fairly **fixed** and require little adjustment during competition.
- ▶ Closed skills are **practised repeatedly** until they become consistent and effective.
- ▶ The performer is in **control** of the environmental factors e.g. in a tennis serve the skill is the same every time.
- ▶ Some other closed skills do have environmental factors that may require some adaptations for example, the crowd and the goalkeeper when taking a penalty in Football.



5. Low organisational

- ▶ Can be broken into **sub-routines** i.e. arms, legs, body position, turn, start, body position in **swimming**.



6. High organisational

- ▶ Very **difficult** to separate into sub-routines.
- ▶ Needs to be practised as a **whole movement** such as a throw.





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7. Basic skills

- ▶ This is a **simple** movement.
- ▶ It requires **little** concentration and thought.
- ▶ Movements can include throwing.



8. Complex skills

- ▶ Use large amounts of **concentration**.
- ▶ The movements are **extremely complex** and need to be **practised** over and over for them to be performed accurately.
- ▶ A synchronised dive is a good example of a complex skill.



9. Practice structures

- ▶ To **develop skills** we must practise.
- ▶ To effectively develop skills the practice structure must **match** the skill classification.
- ▶ There are four types of practice structures:

a. Fixed practice

Fixed practice involves repeating the skill the same way over and over. This is best for **closed skills**.

- ▶ The skill can be isolated as the **environment** has no impact.
- ▶ Examples of skills that can be developed through fixed practice are:
 - ▶ **penalty kicks**
 - ▶ Basketball **free throws**
 - ▶ **serving** in Tennis





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b. Variable practice

Variable practice involves practising the skill in different settings. This is best for **open skills**.

- ▶ The skill is performed in a changing environment so needs to be practised in various situations.
- ▶ Examples of skills that can be developed through variable practice are:
 - ▶ **passing** in games
 - ▶ **running** in Rugby
 - ▶ **digging** in volleyball



c. Massed practice

Massed practice involves practising the skill **repeatedly** for **long periods** of time.

- ▶ This skill is best suited to **experienced** and **motivated** performers
- ▶ This improves **consistency** and allows the performer to practise under the stress of fatigue.
- ▶ This is best suited to **low organised** and **basic** skills.



d. Distributed practice

Distributed practice involves breaks for rest, feedback and mental rehearsal.

- ▶ This skill is best suited to **beginners** and **low motivated** performers
- ▶ It allows for **feedback** which supports skill development.
- ▶ This practice is suited to **complex skills**.

