

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

► _____ and _____ Skills

open



closed



► _____ organisational and
_____ organisational

Low



High



► _____ and _____ Skills

basic



complex





Classification of skills

3. Open skills

- ▶ Some skills need to be constantly _____ 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 _____ and require little adjustment during competition.
- ▶ Closed skills are **practised** _____ until they become consistent and effective.
- ▶ The performer is in _____ 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 _____.



6. High organisational

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





Classification of skills

7. Basic skills

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



8. Complex skills

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



9. Practice structures

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

a. _____ **practice**

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

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





Classification of skills

b. _____ practice

Variable practice involves practising the skill in different settings.

This is best for _____ 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:
 - ▶ _____ in games
 - ▶ _____ in Rugby
 - ▶ **digging** in volleyball



c. _____ practice

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

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



d. _____ practice

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

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

