

Guidance and feedback on performance



UNTAMED
EDUCATION

3.4 Skill acquisition and psychology

Intrinsic Feedback

Negative

Mechanical

Extrinsic Feedback

Guidance and feedback on performance

Visual

Verbal

Manual

Guidance

Positive



Guidance and feedback on performance

1. Types of guidance

- ▶ _____ is a way of giving **information** to a performer.
- ▶ It assists in **learning** a skill or refining a performance.
- ▶ There are four different types:

- V _____
- V _____
- M _____
- M _____



2. Visual (Guidance you can see)

- ▶ Watching **someone else perform** the skill on a video, in a picture or in real life. This can be motivating, inspiring and informative.
- ▶ Copying someone you **admire** is _____ than someone you don't so **role** _____ are powerful demonstrators.
- ▶ It is useful for all levels of performer especially **young** and _____ performers.
- ▶ When teaching a skill through _____ it is important that the learner is paying **full attention**, has the ability to copy the skill and is _____ to repeat it.
- ▶ Suitable for learners at the _____ stage of learning.



3. Verbal (Guidance you can listen to)

- ▶ This is when someone _____ the skill.
- ▶ The **performer** hears the guidance.
- ▶ Coaches are able to give _____ **feedback** that meets the individual's needs.
- ▶ **Higher-level** _____ are able to respond more readily





Guidance and feedback on performance

than inexperienced performers.

- ▶ However, this type of guidance can be boring and often _____ tactics or skills are hard to **describe**.
- ▶ Coaches are able to give instant feedback that meets the individuals needs.
- ▶ Suitable for performers at the _____ or _____ stage of learning.

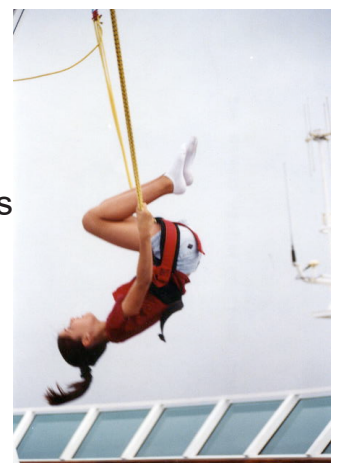
4. Manual (Guidance you can feel)

- ▶ This involves a coach **physically** _____ you through the skill. It allows the performer to feel the movement **safely**.
- ▶ They move the body into **position** and **support** them in the skill. This is effective for beginners or learners at the _____ stage of learning.
- ▶ However, it can be _____ as the performer may not feel they are performing the skill themselves and it may feel different without the manual guidance.



5. Mechanical (Guidance you can feel)

- ▶ The use of **aids** or _____ to assist in the skill learning process.
- ▶ These are used in **high** _____ skill learning found in Gymnastics or Trampoline.
- ▶ It allows the performer to learn **without fear**.
- ▶ However, the equipment is often expensive and the performer may rely on the aid.
- ▶ This guidance is suited to performers at the _____ or _____ stage of learning.



6. Feedback



Guidance and feedback on performance

- ▶ The brain is also constantly **receiving** _____ from all the senses this helps to improve and refine the skill learnt. There are different types of feedback:

Intrinsic Feedback – Comes from _____.

- ▶ This feedback from the body's own _____, seeing the ball fly when you hit it, hearing the sound of contact on the ball, feeling the contact on the ball.
- ▶ This feedback is most useful to performers at the _____ or _____ stage of learning.

Extrinsic Feedback - Comes from outside.

- ▶ There are two types of extrinsic feedback;
 - ▶ **Knowledge of _____** - Seeing you scored. Tells you the outcome of your actions.
 - ▶ **Knowledge of _____** - Your coach tells you that you need to open out of the somersault earlier in diving. Tells you how well you have performed.
- ▶ This is most suited to performers at the _____ stage of learning.

Positive

- ▶ Used to _____ the athlete and let them know what they are doing correctly.
- ▶ However, it may make the athlete feel the performance was more positive than it actually was.



Negative

- ▶ Used to inform the athlete about an _____ movement and what they must do to correct it.
- ▶ It can be demotivating and overuse can leave athletes not knowing what to focus on.

