

Classification of skills



UNTAMED
EDUCATION

3.2.1 Sports psychology

Skill

Performance Goals

Outcome Goals

Ability

Closed

Open

Classification of skills

Fine

Self-paced

Complex

Gross

Externally-paced



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 persons life. Abilities impact a person’s potential to learn skills.”

2. Skill

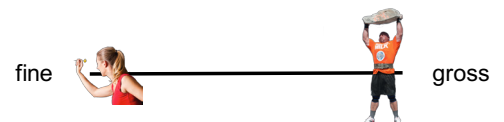


continuums

► _____ and _____ Skills



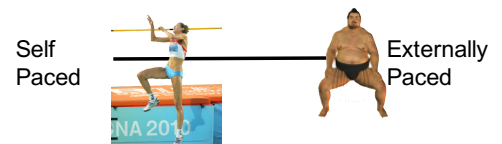
► _____ and _____ Skills



► _____ and _____ Skills



► _____ and _____ Paced





Classification of skills

3. Open skills

- ▶ Some skills need to be constantly _____ or modified during play.
- ▶ The environment is _____ under the performers 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 _____ repeatedly 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. Fine skills

- ▶ Use _____ **muscle** movements.
- ▶ The movement is usually _____ and intricate.
- ▶ They usually involve good hand-eye co-ordination.



6. Gross skills

- ▶ Involves _____ **muscle** movements.
- ▶ The movement is _____ very **precise**.
- ▶ Weight lifting is a good example of a gross muscle movement.





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 complex and need to be _____ over and over for them to be performed accurately.
- ▶ A synchronised dive is a good example of a complex skill.



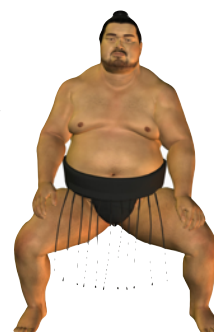
9. Self-paced skills

- ▶ The skills are started when the **performer** _____ to start them.
- ▶ The performer controls the speed, rate and pace of the skill



10. Externally-paced skills

- ▶ Skills are started in response to an _____ **factor**.
- ▶ The speed, rate or pace of the skills is controlled by your _____ or the _____.



11. Goal setting

Goal setting is used in physical activity so performers can achieve their **targets**.

It also has a number of other functions:

- ▶ Controls _____.
- ▶ Increases _____.
- ▶ Increases _____.





Classification of skills

- Increases **focus**, **effort** and **commitment** to training.

Goal setting is used to _____ and _____ athletes so they can achieve their target.

There are two different types of goals:

- _____ **Goals.**
- _____ **Goals.**

12. Performance goals

- This goal is aimed at improving a _____ or _____ and is usually a short term goal.
- It also relates to using the right **strategies** at the right time.
- _____ the fake in Netball.
- Improving the plie in Ballet.
- Performing a long pass in Water Polo at the right time.
- Selecting the appropriate club and accounting for the wind in Golf.



13. Outcome goals

- This goal focuses on achieving a _____ and is a medium or long term goal.
- Outcome goals also relate to how others **rate/** _____ your performances.
- Achieving a time under 11 seconds in the 100m sprint.
- Outcome goals should be _____ as factors are involved that can't be controlled.
- _____ should not use outcome goals as failure may be demotivating and winning unrealistic.