

1. Describe the link between perception and decision making.
2. What process should be followed to train perception and decision-making skills?
3. How can you assess whether an athlete's skills have developed to a high level where they are automatic?
4. You have completed a VARK learning style inventory on your athletes. The results reveal that your squad of 12 players are evenly split between the four learning styles. What methods can you use to present coaching information to each of these learning styles?

Visual learners:

Auditory learners:

Read/write learners:

Kinesthetic learners:

5. A sceptical coach within your club asks you to justify why you use an implicit coaching approach when coaching your team. How would you explain the difference between implicit and explicit coaching approaches?

6. Outline three implicit learning activities that can be used by coaches.

i.

ii.

iii.

7. Describe what is meant by an internal and external focus of attention. Provide an example of how you would instruct internally and externally.

Internal:

External:

8. If you were to design a training session for skilled athletes, would a random or blocked practice approach be more suitable for learning? Why?

9. Describe the differences between *complexity* and *organisation* of skills, and outline when skills should be practiced as parts or as a whole.

10. Describe how you could simplify a difficult skill to make it more manageable for a learner?