

10 PRINCIPLES FOR FASTER TECHNICAL DEVELOPMENT

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Train players like cats, not like dogs on a leash.

- Principle 1 Always approach the learning situation **Game Based x Player Driven**
- Principle 2 Set up the practice situation so the player has an understanding of the **tactical relevance** of the action & knows the **concrete effect** (Intended Outcome or action goal) of the action in the given situation
- Principle 3 Help a player concentrate on the relevant external cues (mentally controlled **deliberate external focus**) during execution. Safeguard the implicit learning of the movement actions with **demonstration**.
- Principle 4 **Practice adaptiveness through variable practice:** Improve the shot ability comfort zone = learn to adapt to the ball because the ball is never going to adapt to you.
- Principle 5 **Transfer and Contrast Practice:** biomechanically similar, but sensorimotor different, actions are consecutively performed.
- Principle 6 Add a **pre-** and/or **post-task** to the action.
- Principle 7 Rehearsal without repetition via **Random practice:** Make players come back to a technical action after doing a number of other actions from different situations.
- Principle 8 **Spaced & Interleaved practice:** distribute learning events over time. Practice skills over sessions and switch (or rotate) relatively quick between different learning situations within a session.
- Principle 9 **Contextual Interference:** overload the spatiotemporal working memory of a the player by adding extra tasks (simultaneous or rapid successive) that interfere with the execution of the actual action.
- Principle 10 **Differential learning:** Make the player self-organize each consecutive execution in a different way (maximize movement variability for a technical action)