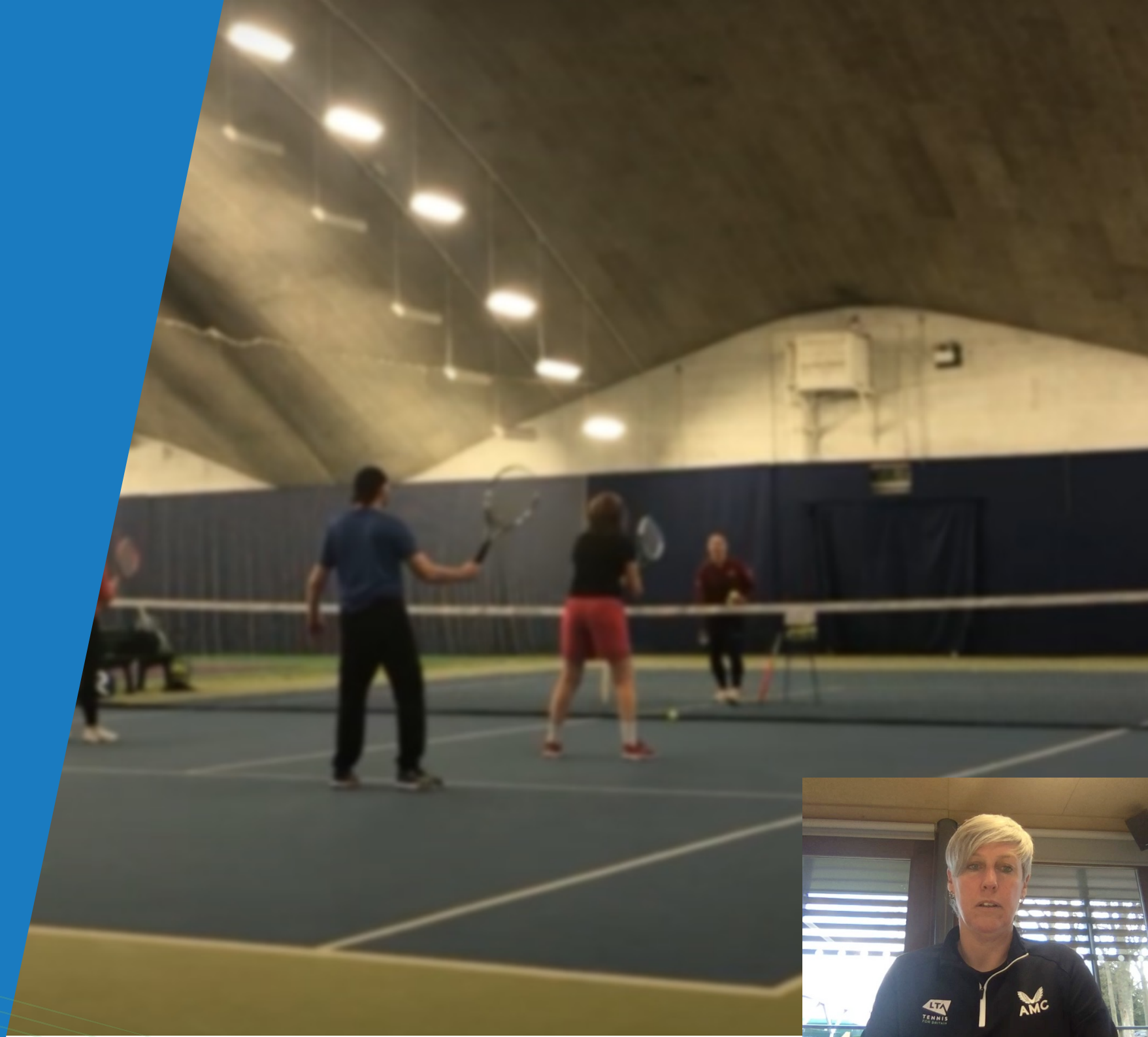


# TEACHING & PROGRESSING IN A LESSON

LTA INSTRUCTOR



Press Esc to exit full screen

# TEACHING & PROGRESSING IN A LESSON: WHAT, WHY, & HOW?

**What:** teaching is a huge part of what we do as coaches. We identify areas of our players' games and facilitate their improvement.

**Why:** if players always play the game without any instruction from a coach, they will not improve at the same rate as with some good quality coaching.

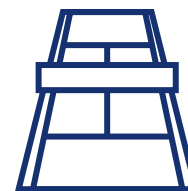
**How:** the following slides will remind you how to deliver the teaching and progression elements of your sessions.





## KNOW YOUR PLAYERS

Make sure your plans are right for them



## SET UP

Depending on the level of your players, you will need to close down variables to isolate the skill you're teaching



## GAME ASSESSMENT

You will have done your Game Assessment and have observed & analysed your players



## FEEDING

Make sure you choose the right type of feeding for your players' needs. This could be drop, hand, racket, rally, or buddy feeding. Where possible, make sure it's from a tactical accurate position.

# TEACHING IN A LESSON CHECKLIST

LTA Instructor



## DEMONSTRATION

Start your teaching with a demonstration to show your players what good looks like



## OBSERVE & ANALYSE

Continue to monitor your players' progress, so you can see if you need to progress or regress the level of challenge



# OTHER DETAILS



1. Consider, in your set up, how much you want to reduce the variables to isolate the skill you want to teach. You can remove or reduce:

- Shots (before and after)
- Feeding challenge (e.g., racket feed rather than rally feed)
- Movement
- Decisions
- Pressure



2. Follow the Demonstration Checklist to ensure your demonstration shows your players what good looks like



3. Follow the Feeding Checklist to ensure that your feeding is right for your players



4. Follow the Organisation Checklist to make sure you are managing your space, task, equipment and people well in the Teaching Phase



5. CONTINUE TO OBSERVE AND ANALYSE THROUGHOUT



# EXAMPLE

Watch this video which illustrates the example on the previous slide:



# Your recording

## WHAT HAPPENS NEXT?

In your coaching sessions you will utilise the Teaching Phase to develop skill in your players. Throughout, you will observe, analyse, and decide on when your players are ready to progress. You will start this work with a demonstration.

In your **Task: Teaching and Progressing in a Lesson** you will review your video and then record yourself telling your assessor how you would progress, based on your observations.





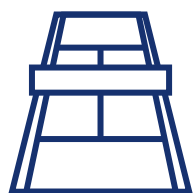
## OBSERVE & ANALYSE

Move on when you can see that your players are starting to improve within the skill you're teaching



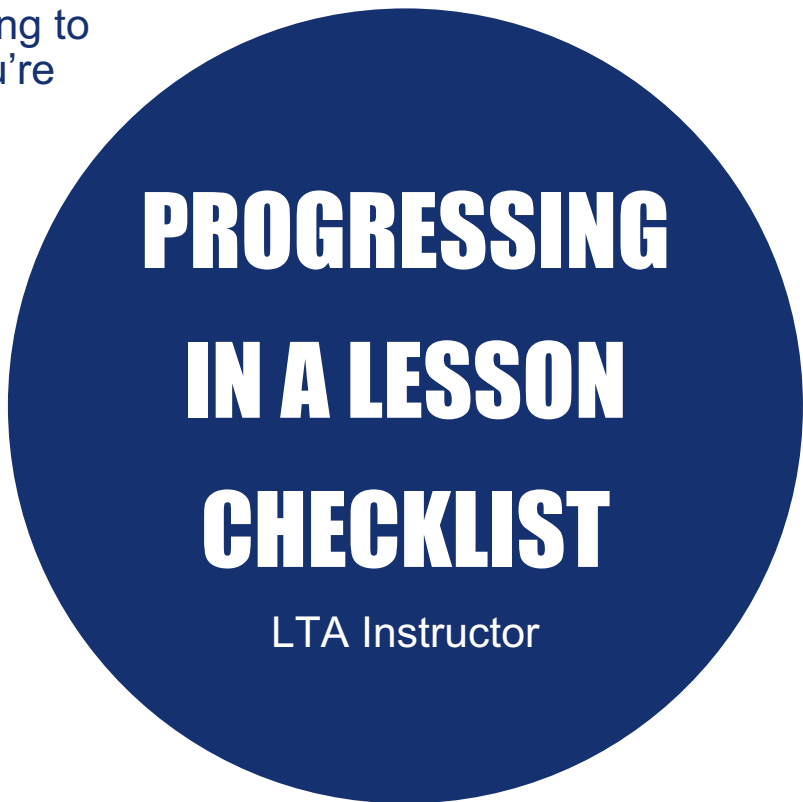
## DEMONSTRATION

Every time you introduce a new drill (or a skill) you will want to show your players what good looks like



## SET UP

Depending on the level of your players, and your observations, you will open up some variables to challenge the skill you're developing



## FEEDING

Make sure you choose the right type of feeding for your players' needs. This could be drop, hand, racket, rally, or buddy feeding. Where possible, make sure it's from a tactical accurate position.



## VARIABLES

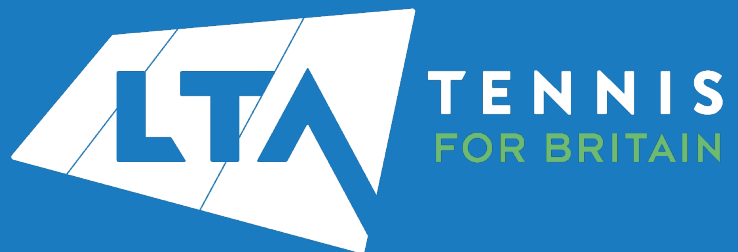
You can add more: shots, decisions, pressure, movement, or more challenge with the feeding



## OBSERVE & ANALYSE

Continue to monitor your players' progress, so you can see if you need to progress or regress the level of challenge





# TEACHING & PROGRESSING IN A LESSON

LTA INSTRUCTOR

