



Making practice realistic to best develop our youth

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Today's presentation

- The story of two Lions
- What motivates children to play sports?
- What are you looking to accomplish in a practice?
- Blocked and Random Practices
- How the type of practice effects children's learning





The story of two Tigers

The Zoo Tiger





The story of two Tigers

The Wild Tiger





What would happen if...



Pretty
Easy
Safe
Repetitive

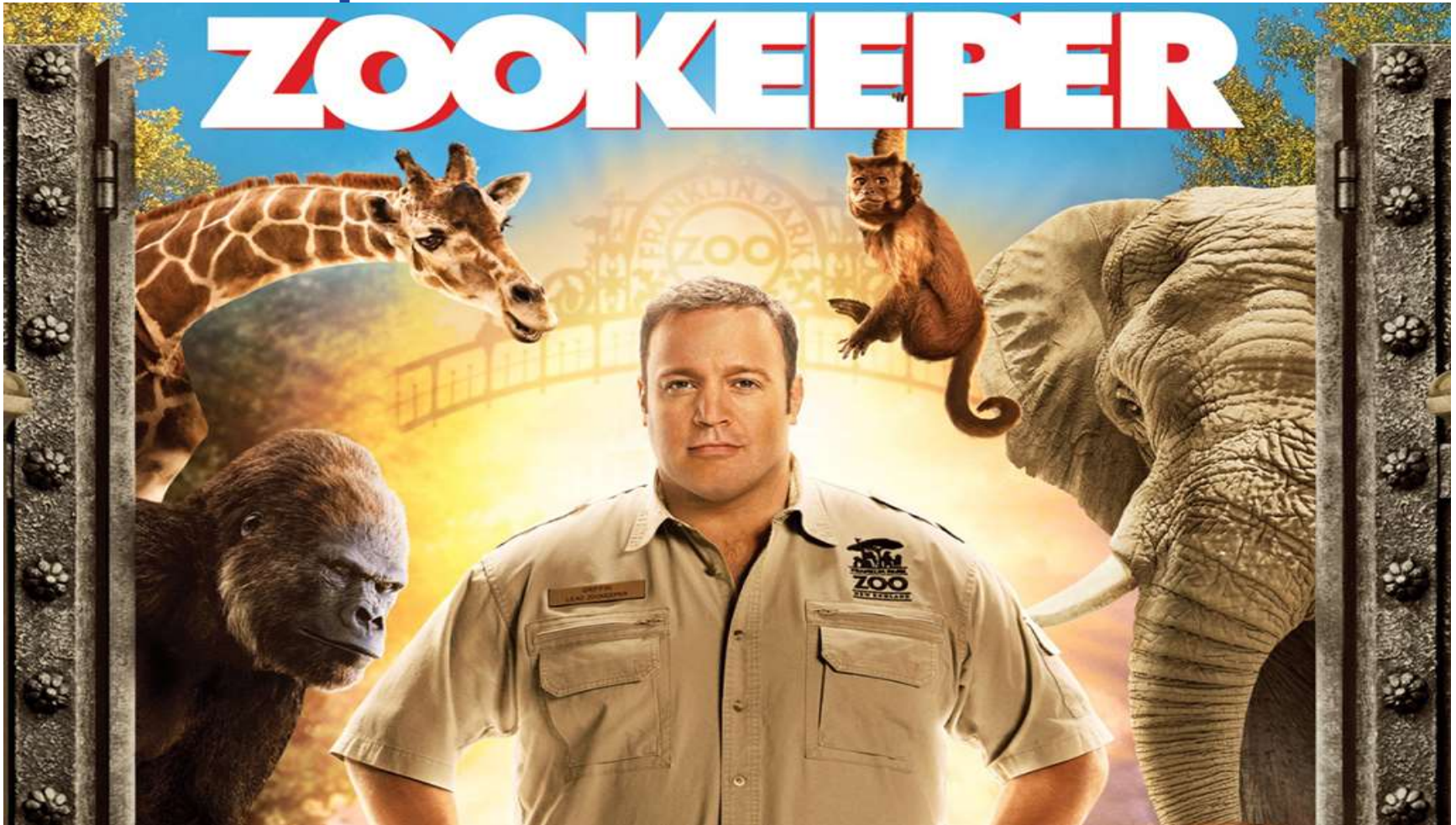
Ugly
Hard
Fight for every thing
Random





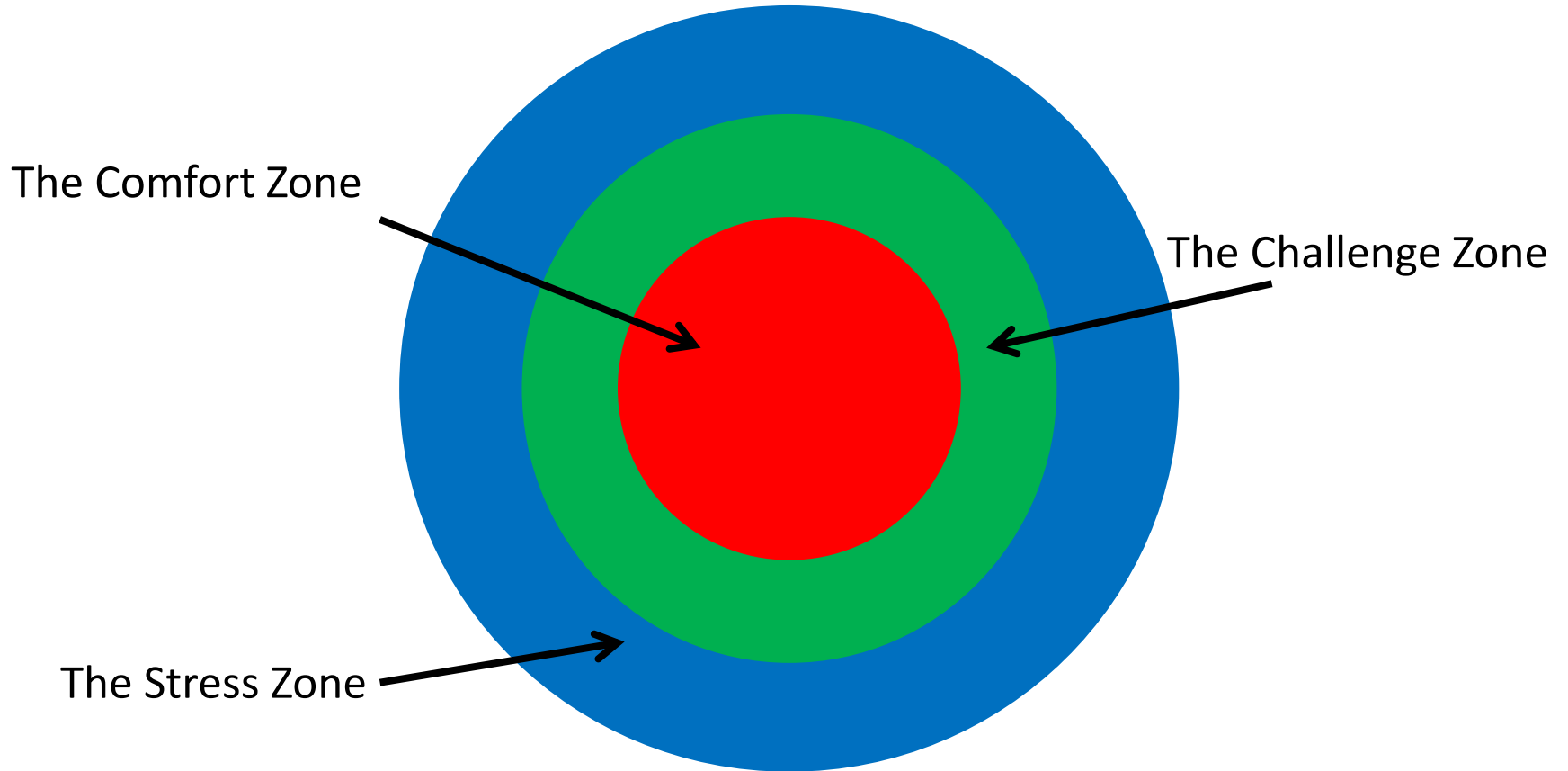
This lesson applies to all of us!

Sports and Learning General





A Challenge is for all





The Challenge (Learning) zone

Quality
Experience

Opportunity
to grow

Appropriate
Challenge

Allow
mistakes

FUN!

Allow
creativity

Reward
effort

Freedom

Respect

Sportsmanship

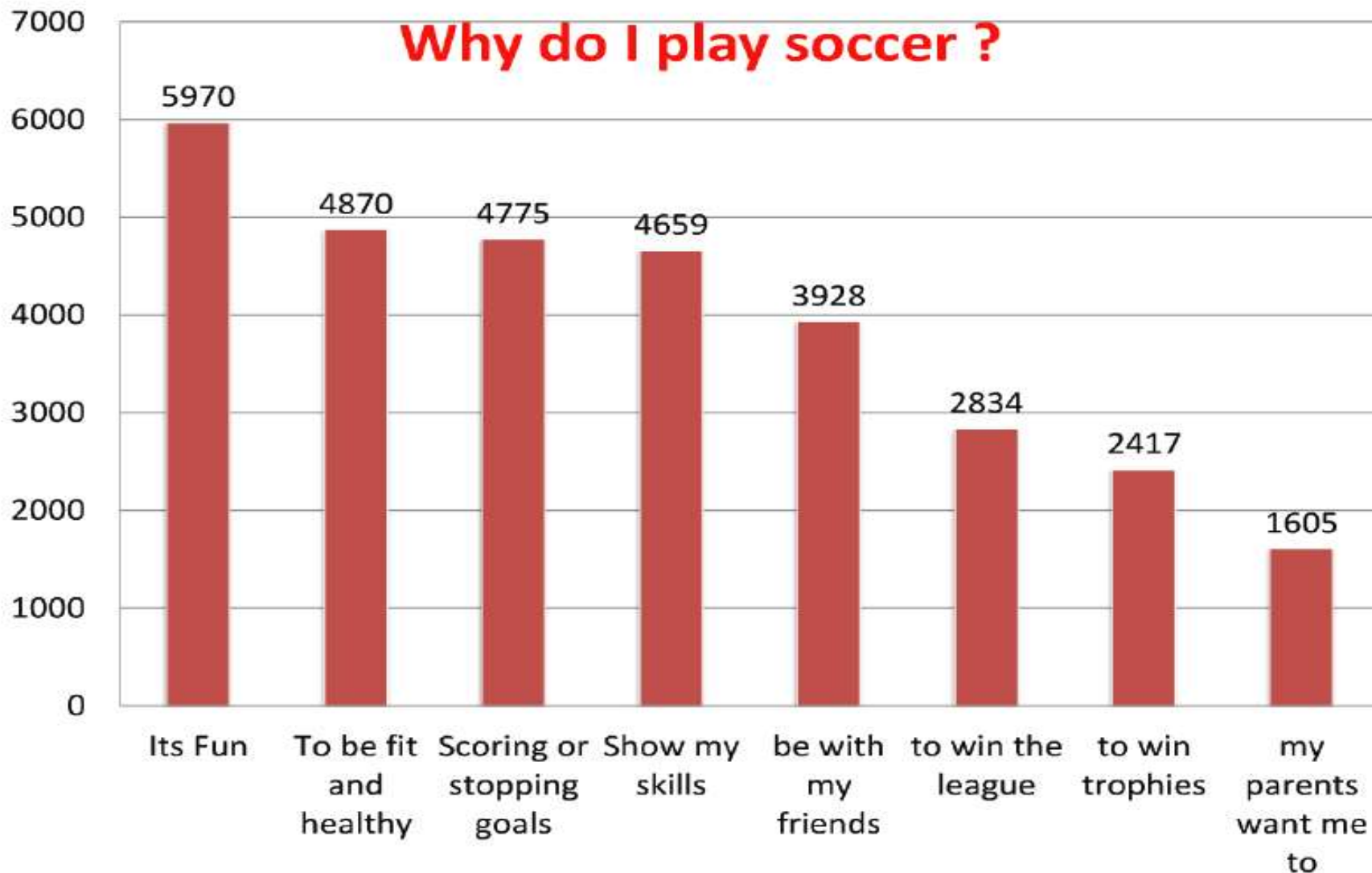
KEEP IT REAL

Be with
friends



The # 1 motive to play soccer is....

Why do I play soccer ?





Dr. Dean Kriellaars Ph.D.

PL 301:

Confidence is Built





Blocked Practice



Trevor Rogan – www.trainugly.com



Random Practice



Trevor Rogan – www.trainugly.com



In every skill a player performs they do 3 things



Trevor Rogan – www.trainugly.com

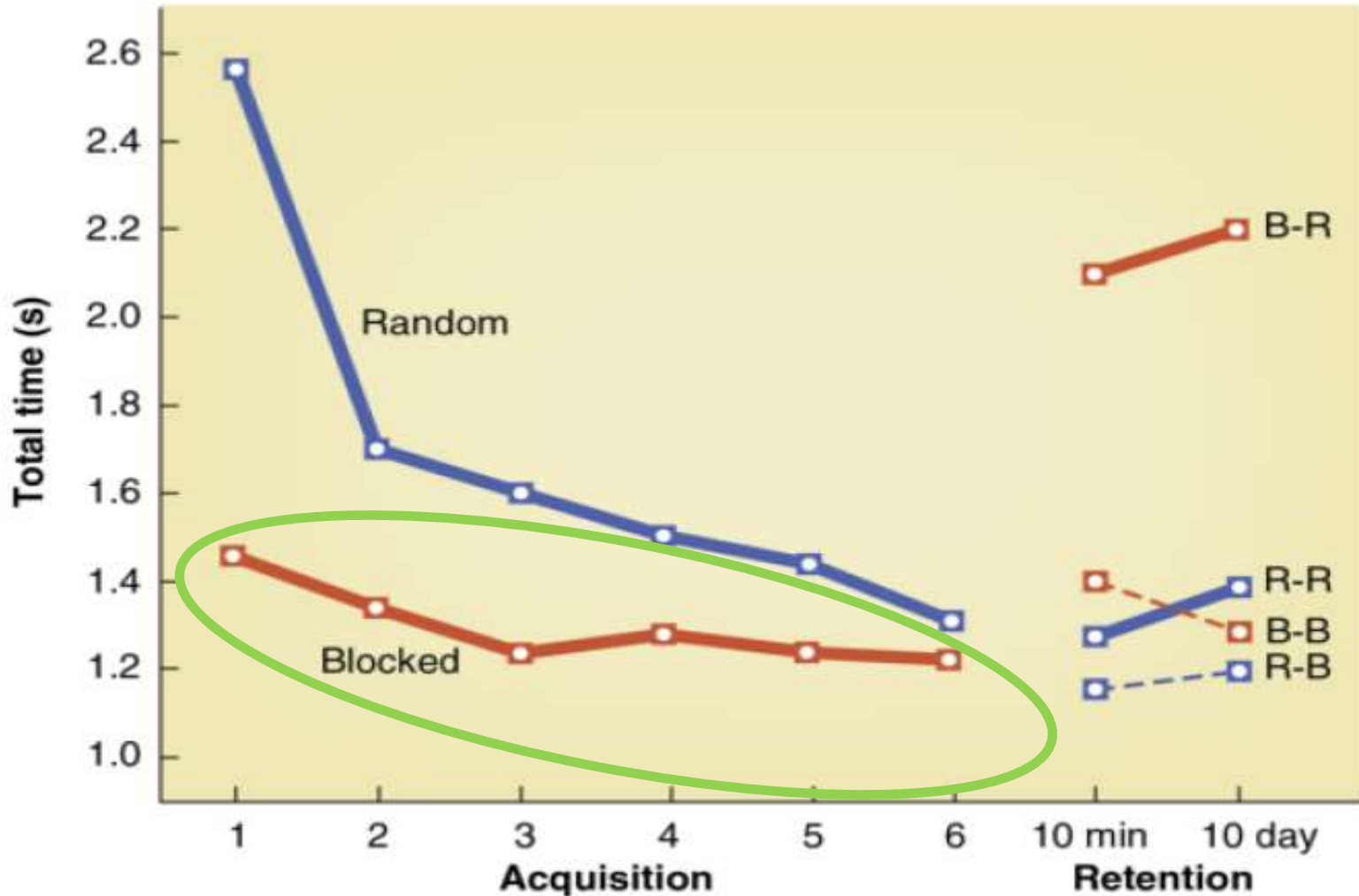


The Shea and Morgan Experiment (1979)

- **Subjects practiced 3 different tasks (A,B and C)**
- **Respond to a light stimulus with rapid hand movements**
- **One group of subjects practiced in BLOCK order**
- **The other practiced in RANDOM order, no more than two consecutive trials could occur for any one task**
- **Both groups received the same amount of practice time on each task**
- **Both had the same total practice time**
- **They only differed in the order in which the tasks were presented**

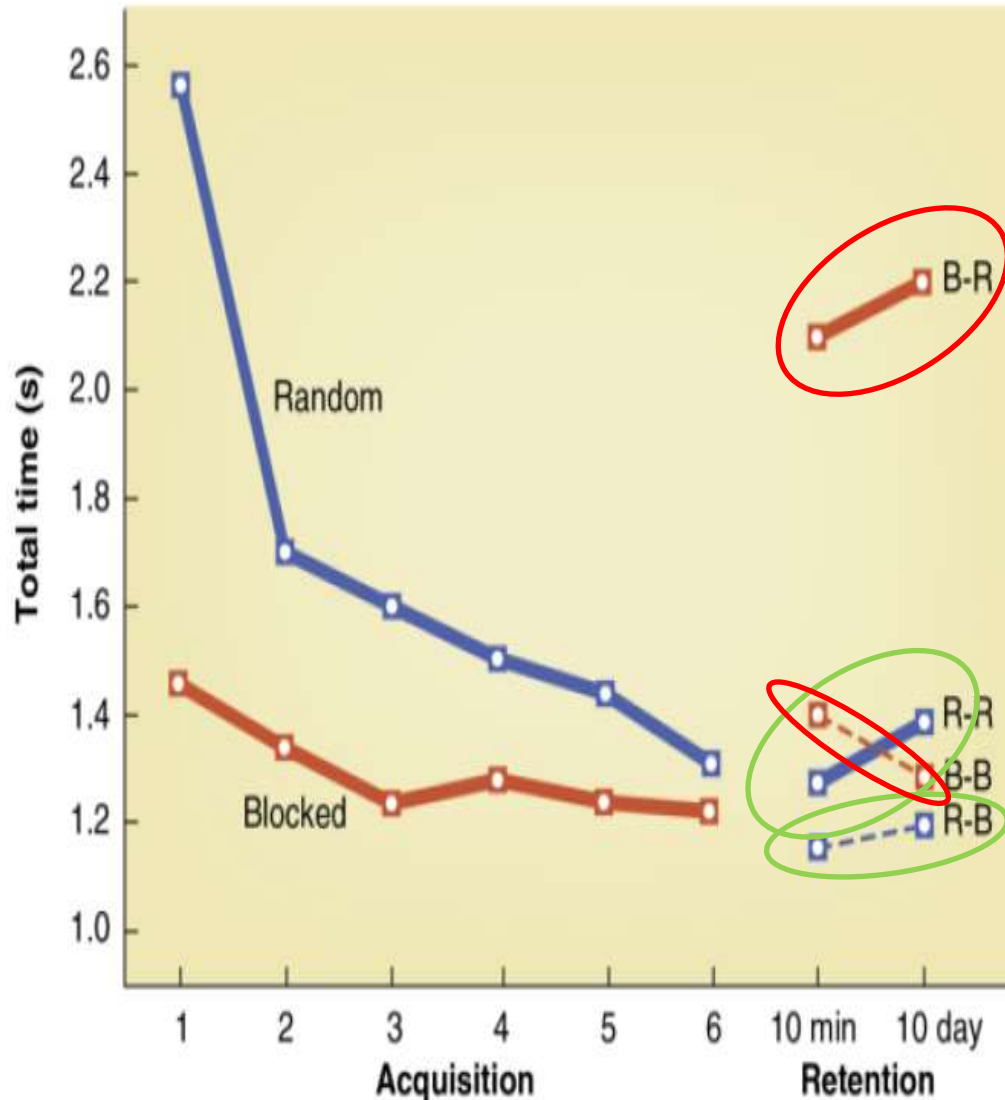


Results from Shea and Morgan (1979)





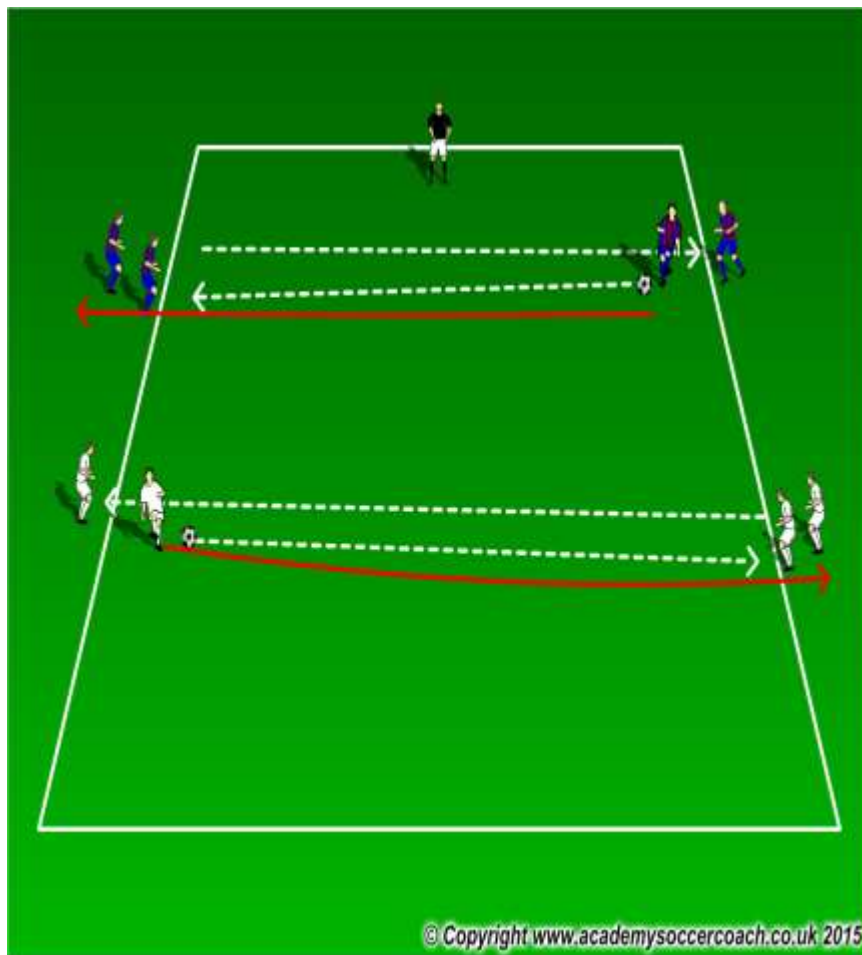
Results from Shea and Morgan (1979)



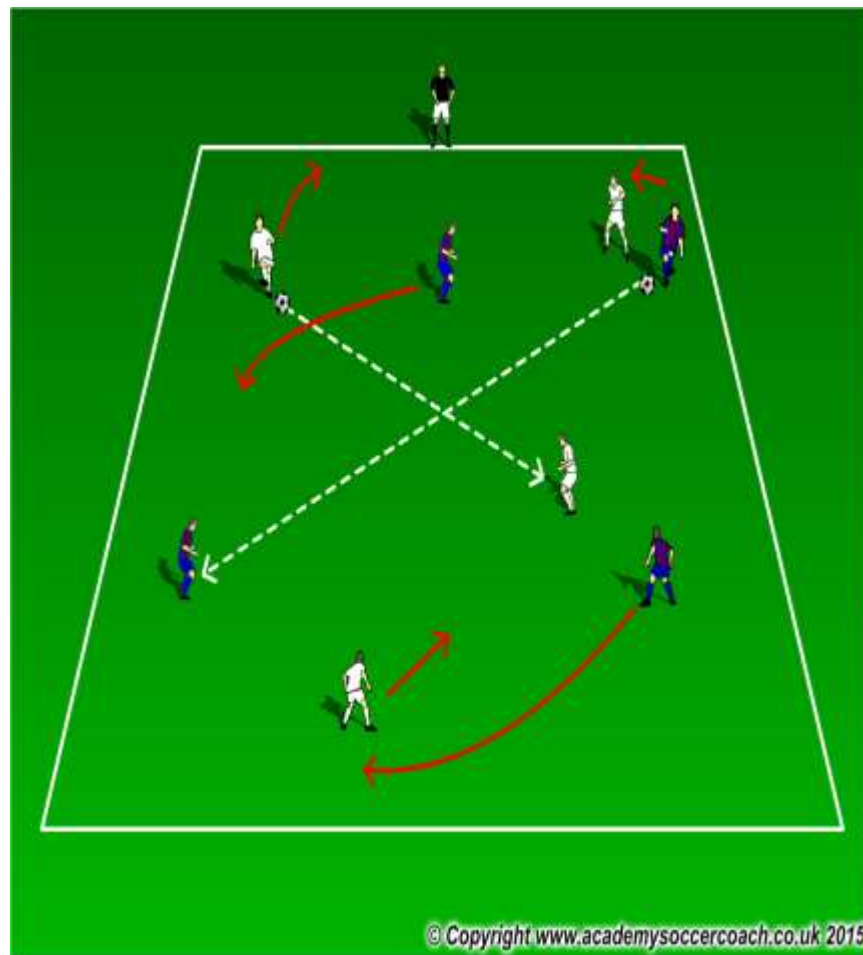
- Test conducted after 10 mins and 10 days
- Random or Blocked conditions
- 4 subgroups
- Random groups outperformed block groups in random conditions
- Under blocked conditions the Random group still outperformed block
- Practising a # of different tasks in random order leads to greater retention and performance

Which one and Why?

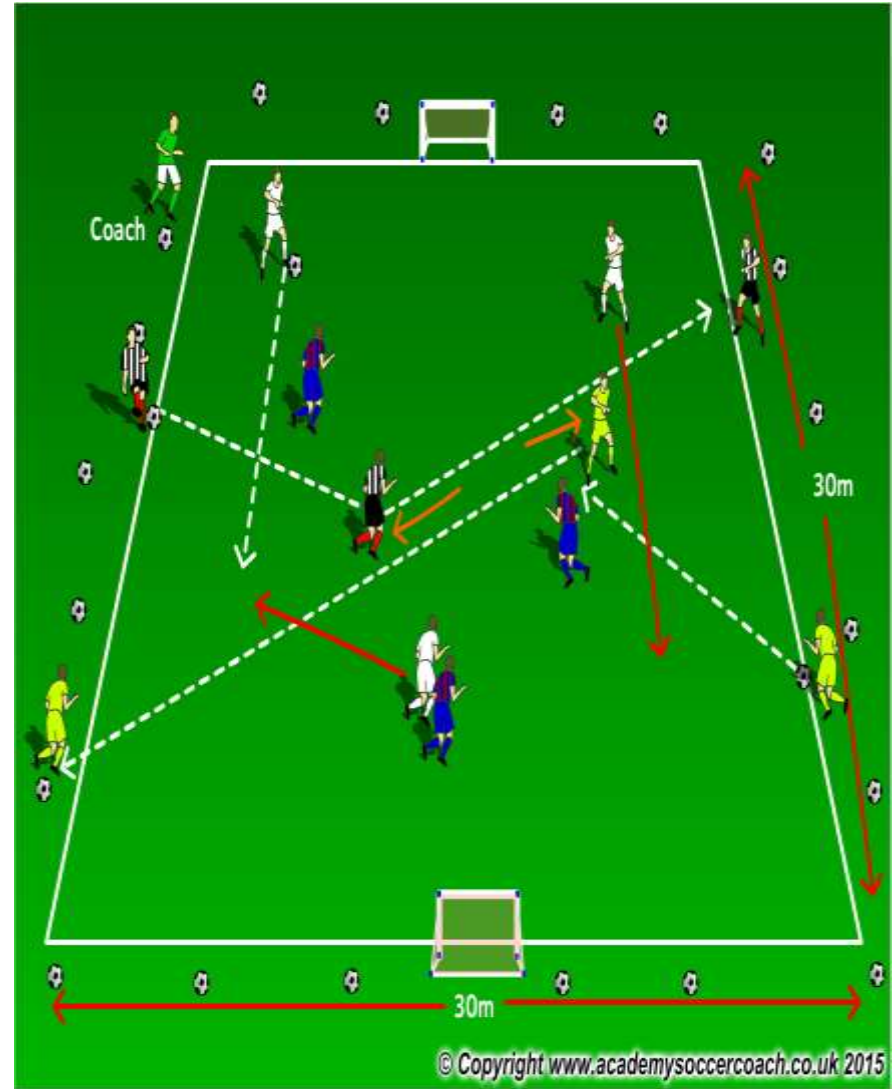
Blocked



Random



Examples of Random Practices





Why is there a difference?

Enhance cognitive effort from players

Facilitation of solution retrieval process

Increased attention to intrinsic feedback

Improved error detection from players





Summary





**THANK
YOU**



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