



Working and Learning In Sport and Fitness

Stages of Learning

David Hartley – Coach- IV

Here in Ice Sheffield we have a great facility that enables people of all ages to come along. The oldest adult we have at the moment is well into their 80s and has only been skating probably a couple of years .it's good to show that you don't have to be a young child to be able to come and learn the skills of ice-skating

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Whatever their sport or age, athletes who are learning a new skill will always work through three core stages of learning: cognitive, associative and autonomous.

David- IV

I think it's really important at the cognitive stage that the athlete understands the very, very basics of trying to do the spin. With Kim in the cognitive level we did it from stand still and really that's just to get the feeling of actually doing the spin itself

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At first, the physical movement is likely to be slow and difficult, with a relatively low chance of successful completion. It's imperative that coaches bear this in mind and structure their lessons appropriately.

David- IV

As a coach I think it's very important that you lay really good strong foundations so they're understanding at a very basic level what it requires to perform the skill .

...For beginners it's very important that visually they're able to see what you're trying to get them to achieve.

Kim- IV

He demonstrates the spin so I can see where I'm going wrong and obviously after every stage that I do try he will tell me where I'm going wrong and try and help me correct it

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The feedback coaches give athletes plays an important role in the learning process. The frequency and detail change according to the stage athletes have reached.

David- IV

Feedback is very important at all the stages but I think it's really important in the cognitive level...even if there is only a slight good point I think it is really important that you're building the negative comments with really positive comments...

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To help athletes at the cognitive stage some coaches may adopt a hands on approach known as kinaesthetic teaching.

Athlete- Kim

When you learn a spin for the first time you usually do it from a standing start and he tells me where to put my feet, my blades, where to place my arms, how to get the momentum to bring my body round to do the spin and to keep the shoulders level, obviously, to stop you tipping over and hopefully you go round and come out at the end of it.

David- IV

It's always good to use the skater to place the body into the correct position because how you execute a spin may feel completely different to how it looks...