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DISCUSS THE DIFFERENCES BETWEEN SKILL, ABILITY AND TECHNIQUE
AND HOW YOU WOULD STRUCTURE PRACTICES TO ENHANCE THESE
COMPONENTS OF FITNESS?

In order to be successful at any sport, you must have skill, ability and technique. Skill is the acquired and must be learned (Roscoe 2000 pg 253), regularly and with the minimum of effort in a specific movement in a sport. "It is a co-ordinated act, involving complex movements brought together in a consistent and smooth manner". (Galligan et al, 2000). Professional players of sport use skill to get victory in their sport. For example taking on players in football. Ability is stable enduring, mainly genetically determined characteristic "Innate or natural", there are 3 two types of ability (Motor abilities and "psychomotor") "motor ability" are relatively enduring traits which are generally stable qualities or factors that help a person carry out a particular act". Are not and "C. Gaines" say, "Motor abilities are innate inherited traits that determine an individual's co-ordination, balance, ability and speed of reactions". Ability what you are born with; we inherit our ability from our parents or other relations such as grandparents, (genetic). Therefore it is likely that you will play the sport that your parents are still or used to play, so if your parents were good at a particular sport, then that could be what makes you good at that sport for example my granddad was very good in football and I am good at football so I take after him. Technique is the basic movements that we make in any sport. For example the way you serve in badminton. We can put together a number of different techniques to create the serve. Skill has three types cognitive "ability to solve problems by thinking" (Roscoe pg247) an example of this in a racket sport would be working out how to beat your opponent in badminton, the next skill is perceptual "the process by which you sense things and interpret them" (Roscoe) an example of a perceptual skill in a team sport would be judging where the ball is going to be passed to, and finally the last type of skill is motor "involve the muscular system and concern movement and muscular control" (edexcel pg102) an example of this in a individual sport would be running in a sprint.

Skill depends on The Type of skill: - Whether it is an open, externally paced or an interactive skill. The skill should try and be improved by doing a variable practice. This is because variable practice will involve a different environments in practice and in different situations, allowing both the development of skill & the ability to adapt that skill to a game situation such as the changing pace of football. This is important for open & interactive skills, as they are never the same twice, Or if the skill could be closed, self-paced or individual/coactive. The skill can therefore be improved by doing a fixed practice e.g. a penalty in football can be taken over and over to get it perfect. This is because fixed practice involves a repetition of a certain activity. This allows the skill to become 'over learned' or natural to the

learner. This therefore is good for skills that are performed in the same way. E.g. badminton serves. The skill can also be either a discrete or continuous skill. The skill can then be improved by fixed or variable practice. This is because a discrete skill has a clear beginning & end. It is also separated from the sport itself & discrete skills are normally practiced in isolation, so this would suit fixed practice. Whereas continuous skills have no definite beginning or end. For example of a discrete skill is a sprint start in running. And example of a continuous skill is continuous running. The skill can finally be a serial skill. These kinds of skills tend to be low organisation. A good sportsman or an elite type of learner would benefit the most from doing massed practice. This is because it involves a continuous session with no breaks; the learner could cope with this as they are fit. The learner will work constantly, allowing the skills to be tested under stress and tiredness conditions as in a game situation. For example a 5x5 metre grid in football and 2 touch in game situation for a constant time. On the other hand the learner could be an unfit (beginner) this type of learner would benefit the most from doing distributed practice. This is because it divides the practice session into sections. The overall session involves breaks between each section. Therefore this benefits this type of learner because it allows for extrinsic feedback from the coach, learner, periods for recovery of the practices. E.g. a header in football. Ability can be slightly improved in some abilities. For example, flexibility, speed and power. These can be improved by specific practices such as, stretching programmes and sprint training. However most are innate so they can't be improved to any significant degree as you're born with a certain muscle type fast/slow twitch. Technique can be improved by correct guidance by pure -part learning, whole part whole learning and progressive -part learning. The guidance could be done visually, verbally or manually or combinations of all three. However this depends on the learner's ability. For example experienced learners would know what position they need to put their body in or positioning themselves right on the pitch, so they would not benefit from manual or visual as they know where they should be and how the skill should be performed, but they would benefit from verbal advice as they would know what the coach is talking about and wants them to do. Whereas a less experienced learner would benefit from visual and manual guidance as they are unlikely to know what to do in the certain game situation and to perform the skill correctly, so they will need to be taught and shown the right way of doing the certain aspect of the skill. Technique can also be improved by feedback, which can be done differently which depends on the skill of the learner. This is because an experienced learner will not really benefit from positive/negative feedback as they would know that they have performed the skill well or not, Whereas for a less experienced learner giving them mostly positive feedback will get them positive and feel good and they will stick at the sport and with a little negative feedback will allow for areas to improve in but too much negative feedback may make the learner feel bad and they may even quit the sport as they may think that they are not good at it. Skill, ability and technique

are always closely linked. "Skill = Ability + Technique." From (edexcel book) The difference between skill and ability is that a skill can be taught and changed and ability is something that is inherited from your parents and cannot be taught. Technique is something, which you need to have to do a skill. To perform a particular skill in sport you will need to have a technique.

Conclusion

The idea that ability cannot be improved I think is open to question because Speed, flexibility can all be improved by different methods of training. Working on your muscle fibres such as fast and slow twitch fibres can be slightly improved as if you did a lot of weight training you would improve your fast twitch cells. The idea that technique has to be good to improve certain skills I think is wrong due to some athletes having irregular techniques such as running funny, but still are good in the sport. Overall having good ability and having a technique that suits your body type develop good skill.

Bibliography Galligan, F. (2000) Advanced PE for Edexcel, Oxford; Heinemann. p102-106 Wesson, K, (2000) Sport and Pe, Oxford; Hodder & Stoughton. P476-482, Internet. (Roscoe 2000)

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