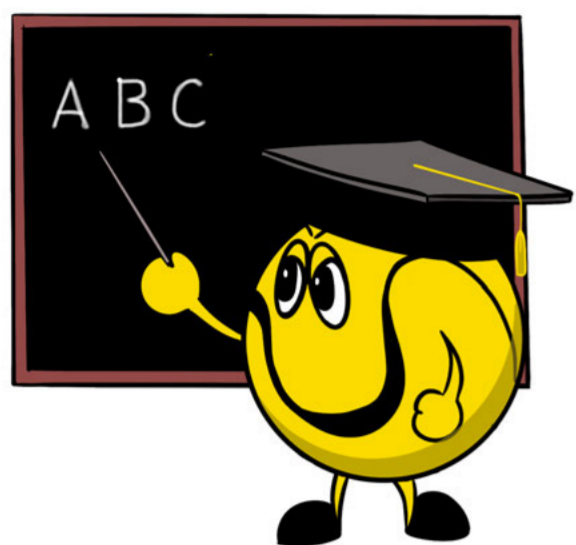
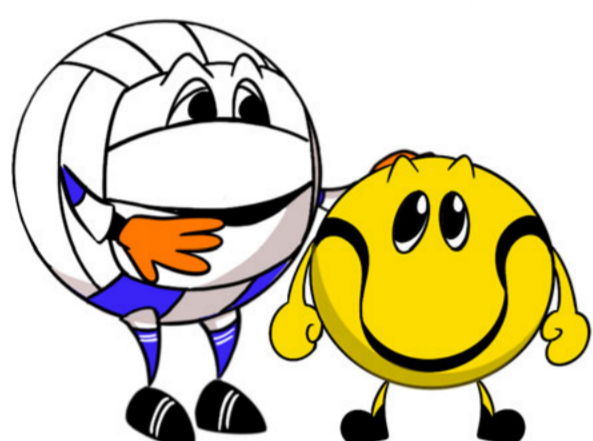


T.E.A.C.H.

Teaching a Skill



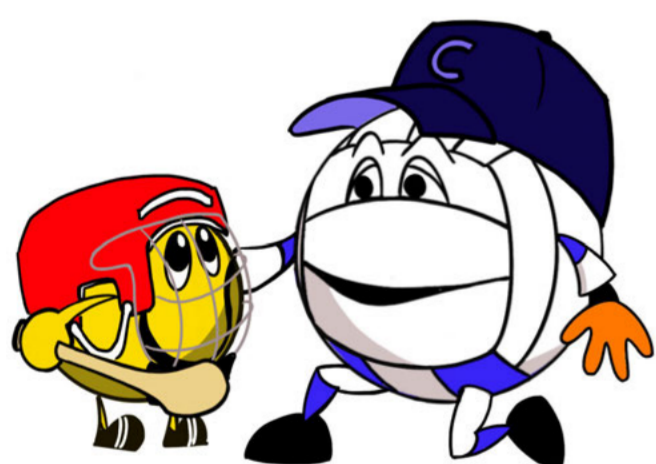
T:
Tell - State the skill clearly, including what matters



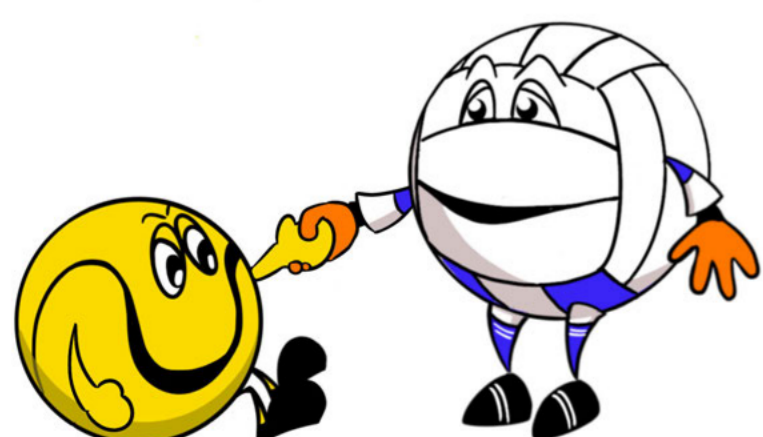
E:
Explain - Break it down in style, manageable parts



A:
Act - Demonstrate the skill so learners can see in action



C:
Coach - Guide them through practice with feedback and encouragement



H:
Help - Provide support, correct mistakes, refine learning

TECHNICAL

Basic Skills

Tips for coaches to help children learn skills and enjoy it in the process:



Work within the children's limitations



Encourage a wide range of movement experiences



Develop basic movement patterns first



Keep it short



Help children evaluate their own performance



See how you can make things simple



Use small games where possible



Be imaginative