

Technical Course for Coaches – Level 3 – How People Learn



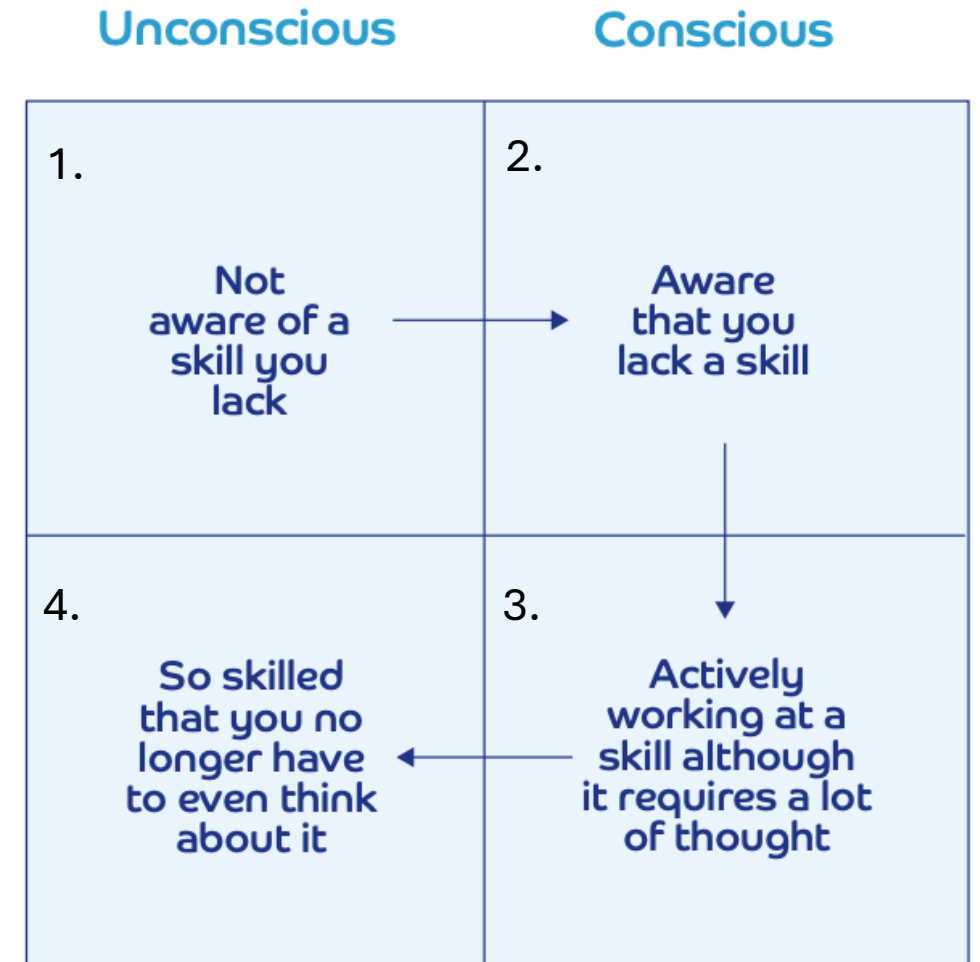
TCC L3 - How People Learn

Developing Skills

1. Learning the components of a skill
2. Shaping the skill
3. Testing the skill under pressure
4. Automatically able to perform the skill

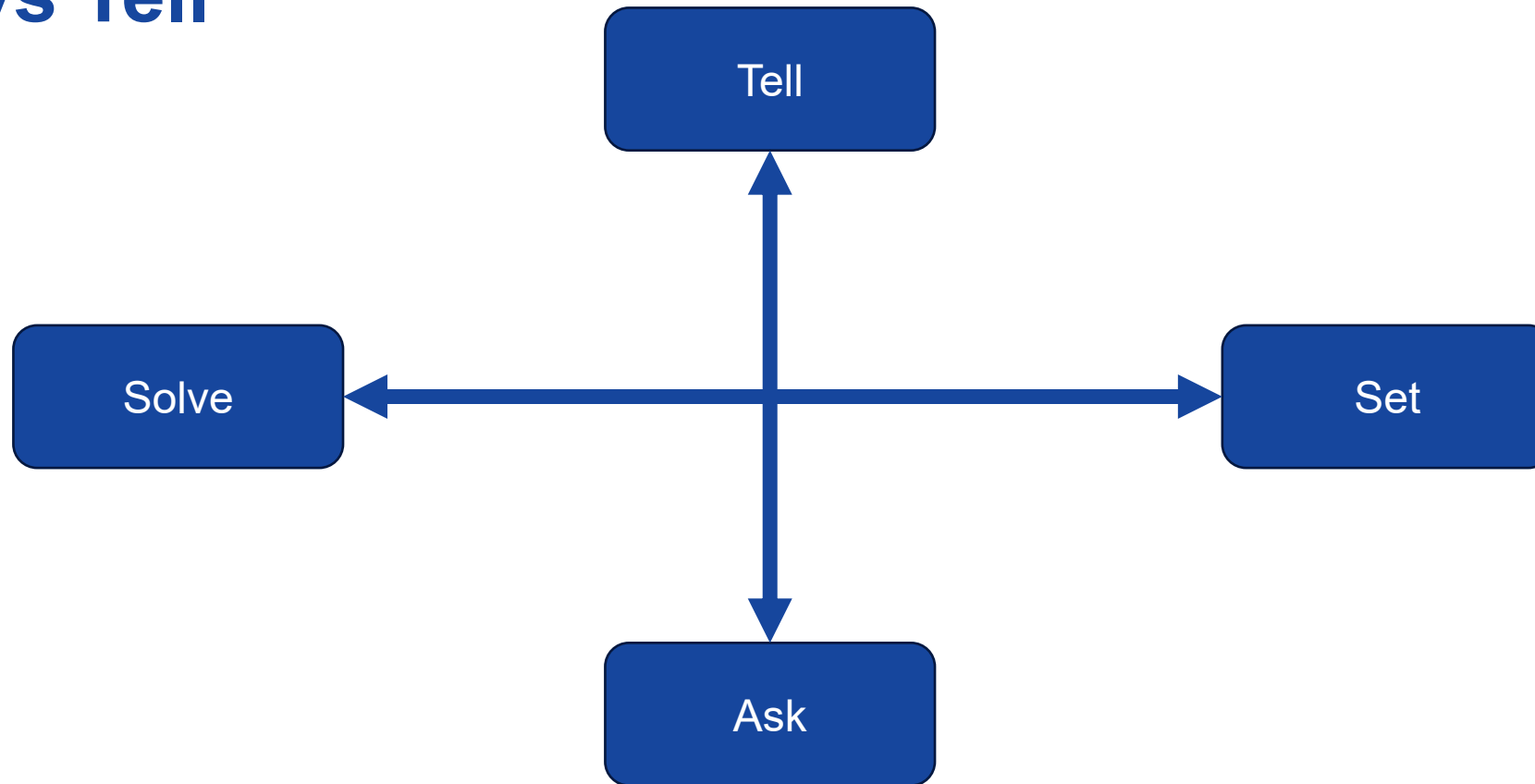
Incompetent

Competent



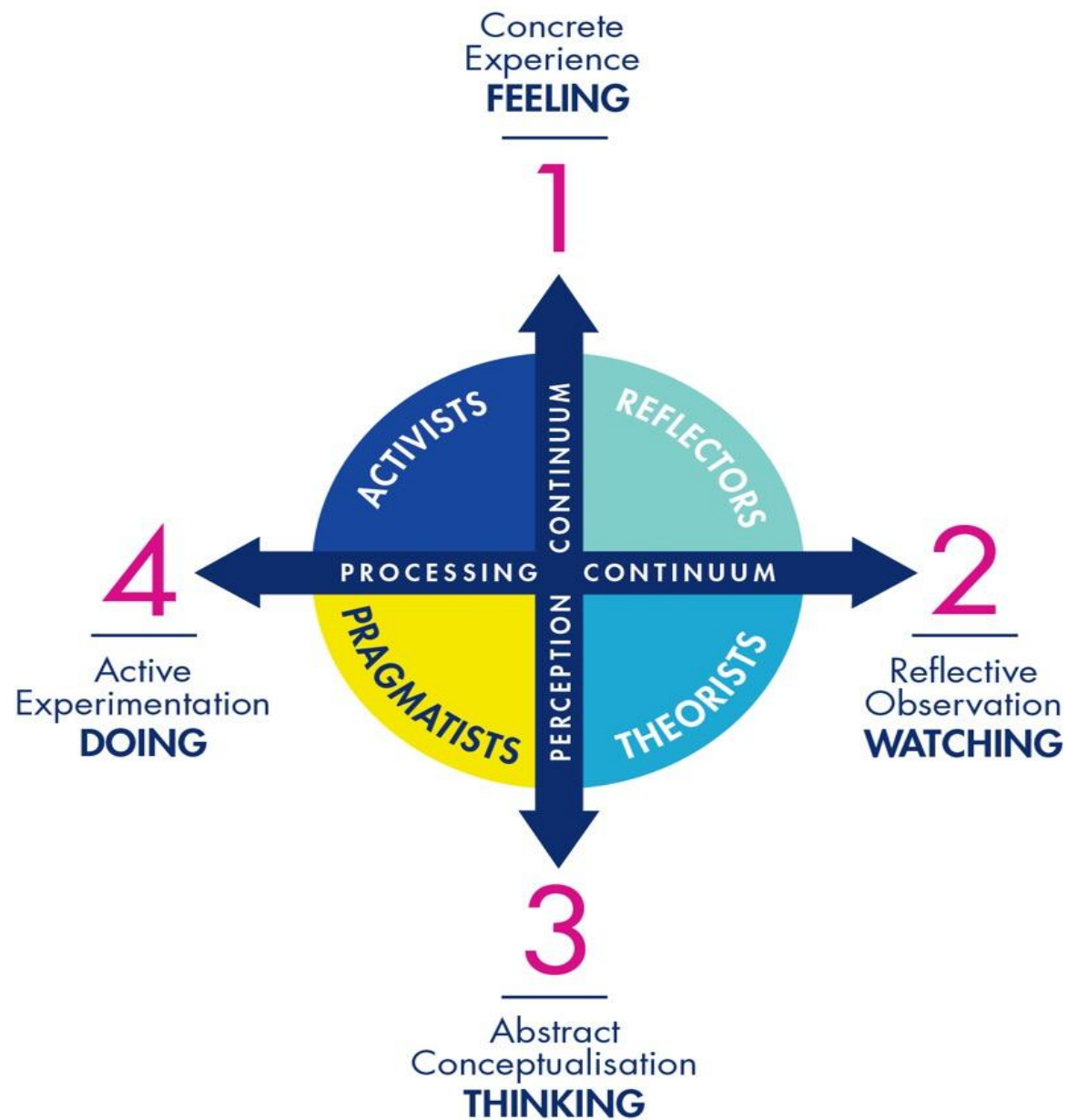
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Ask vs Tell

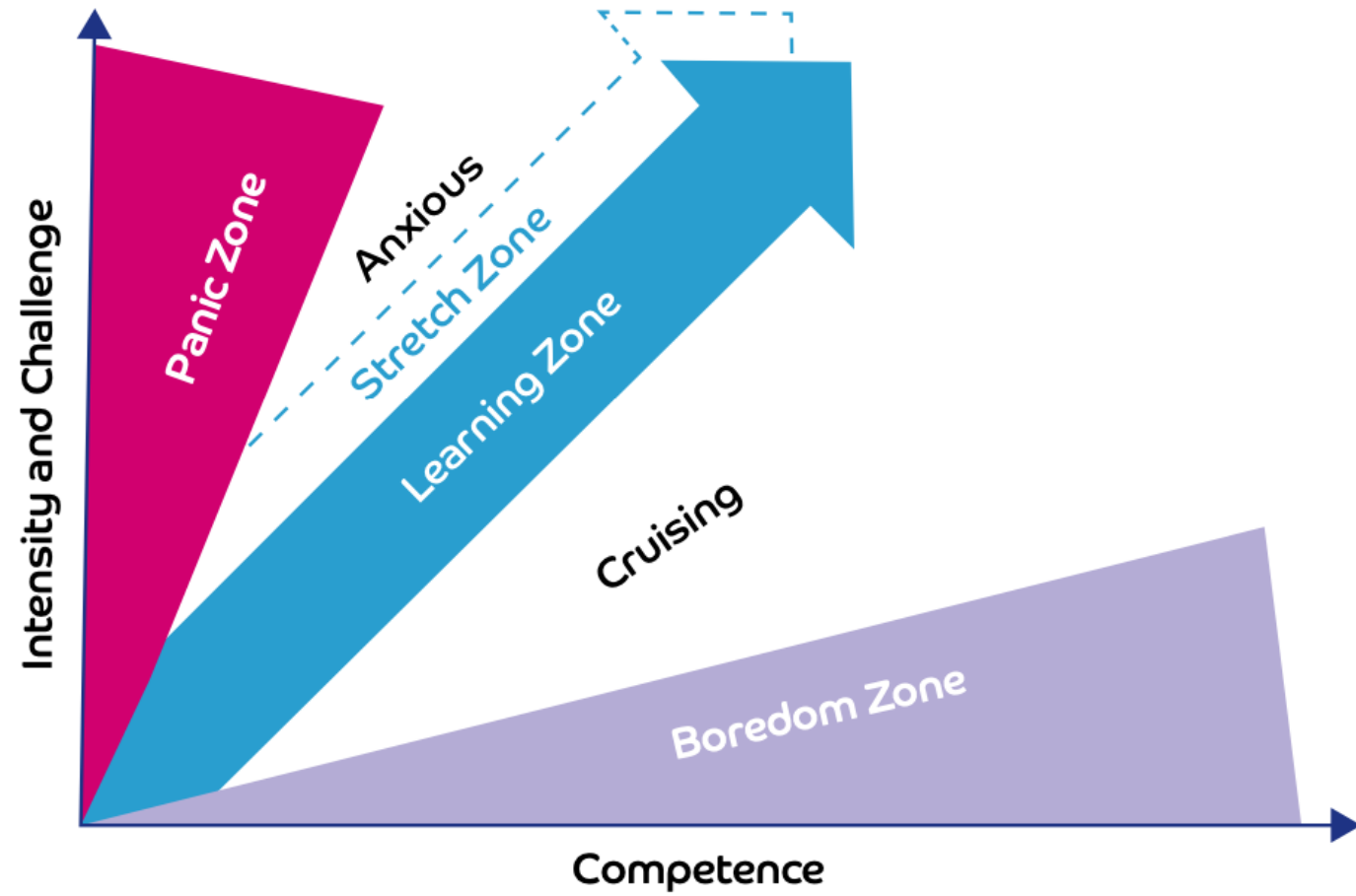


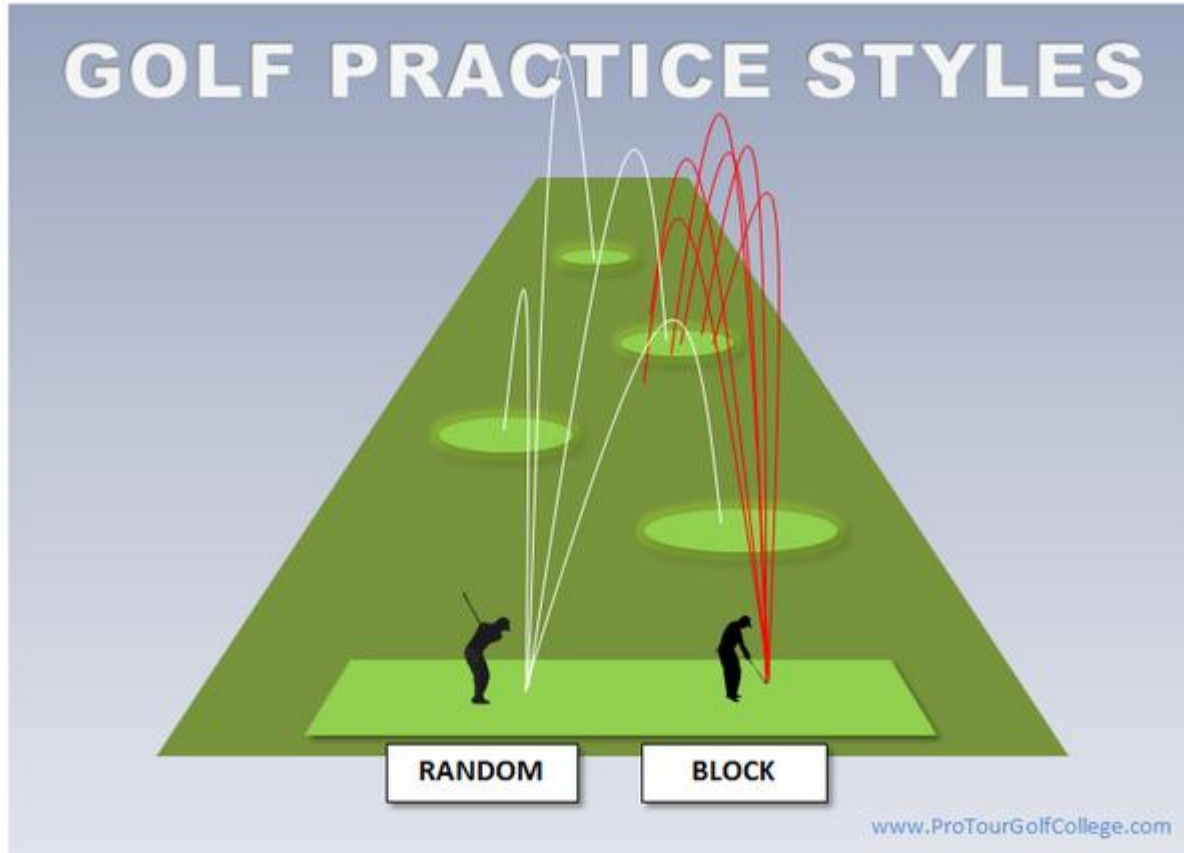
Learning Styles

Model by Honey & Mumford



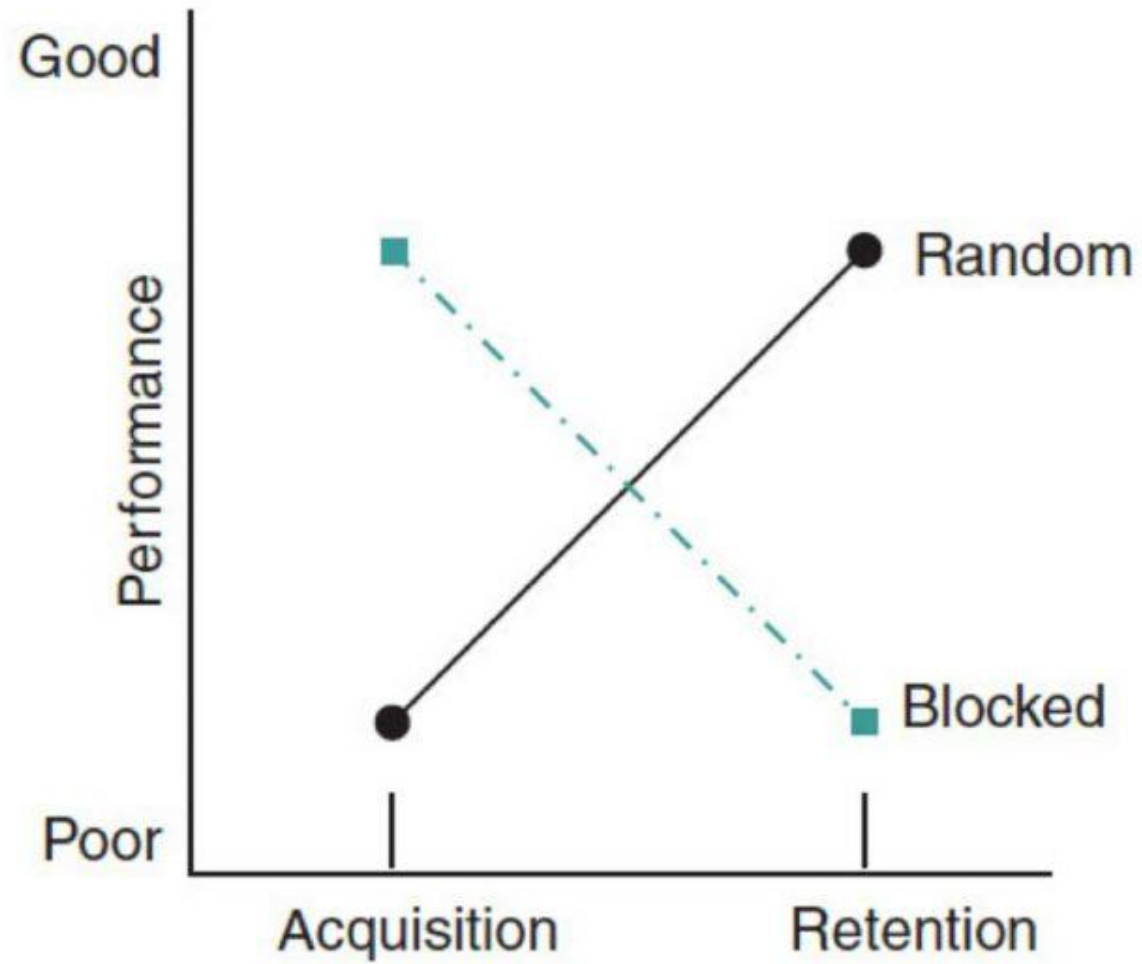
Learning Zone





Blocked practice involves practicing the same skill repeatedly under consistent conditions, leading to rapid gains in performance but limited transfer when variability is introduced.

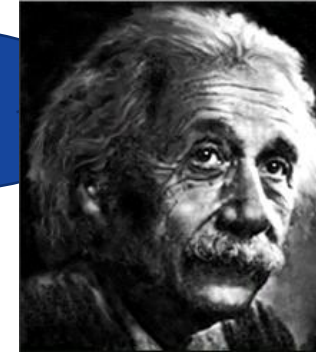
Random practice adds variability and interleaves different practice types, which slows learning but improves retention and transfer of skills. Research indicates that while blocked practice may be effective for initial learning, random practice can enhance long-term performance and adaptability.



THE PARADOX OF BLOCKED VERSUS RANDOM PRACTICE



I never teach my pupils; I only attempt to provide the conditions in which they can learn'.



- What is a drill?
- What is an exercise?
- What is a game?

	Unconscious	Conscious
Incompetent	1. Not aware of a skill you lack	2. Aware that you lack a skill
Competent	4. So skilled that you no longer have to even think about it	3. Actively working at a skill although it requires a lot of thought

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Teaching Vs Testing