

**Demo**

**Määrätietoinen harjoittelu**

**Deliberate Practice**

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# TEACHING THE TECHNIQUES

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# DELIBERATE PRACTICE

- Coach-oriented teaching
- Short time, high quality
- A closed drill for a very carefully restricted goal
- Well selected Key Points for Teaching and Evaluation

## FOR LEARNER

- Concentration 100%
- Enough repetitions with high enough intensity
- Feedback: Corrections
- Progression



TOPIC	TECHNIQUE	KEY POINTS	GROUP
Beat your defender	In & Out Hesitation Counter		Kimmo Iisakki
Defender beaten	Finish over help Early Hook Baseline pass		Nina Mikko H Jari
Catch & Attack	Go & Catch Catch & Go (rip) Catch & Go (swipe)		Mikko R Anton Kiia

# DEMO

1. Group has 20' to pick the Technique and prepare two drills
  - First drill: Closed – Technique
  - Second drill, progression:  
Technique connected to a game situation
2. Group will present their drills to other groups (one of the coaches selected as the head coach)
  - 3 x 10'
3. Discussion

