# SKILLS



#### A: DEFINITIONS

**Skill:** A learned action/learned behavior with the intention of bringing about predetermined results, with maximum certainty and minimum outlay of time and energy.

**Motor Skill:** An action or task that has a target or goal and that requires voluntary body and/or limb movement to achieve this goal.

**Perceptual Skills**: The interpretation of information or stimuli. Not all stimuli are perceive and what is perceived depends on experience and ability.

**Cognitive skills:** intellectually based and link working out and problem solving skills. These skills affect the perceptual process and help make sense of what is required in any given situation.

#### **EFFICIENT**

PERFORMED
EFFECTIVELY
WITH MINIMAL
EFFORT/NO
WASTED ENERGY

e.g. running flat ina Marathon

### PRE-DETERMINED

PERFORMED THE WAY THE ATHLETE INTENDED TO, PRIOR TO

e.g. a gymastic

### CO-ORDINATED

IN CONTROL AND
PERFORMED
WITH PRECISION

e.g. jump shot in Basketball

#### HILIENT

SMOOTH AND FLOWS WELL

e.g. dance routine

#### AESTHETIC

LOOKS NICE AND IS PLEASING TO THE EYE

e.g. a successful free kick around 3 defenders

## A: CHARACTERISTICS OF A SKILFUL MOVEMENT

## **B: CLASSIFICATIONS**

OPEN
Football Football Tennis
Goal Save Forehand

CLOSED
Tennis Football Shot
Serve Penalty Putt

OPEN	CLOSED
AFFECTED BY	NOT AFFECTED BY
ENVIRONMENT	ENVIRONMENT
MOVEMENT SKILLS NEED TO	MOVEMENT SKILLS HAVE A
BE ADAPTED TO SUIT	FIXED PATTERN AND
THE ENVIRONMENT	DON'T CHANGE
NORMALLY EXTERNALLY PACED	NORMALLY SELF-PACED
SAVING A PENALTY	GYMNASTICS SEQUENCE

TECHNICALLY EASY TO PERFORM

NOT MUCH INFORMATION TO PROCESS

FEW SUB-ROUTINES

FORWARD ROLL

TECHNICALLY DIFFICULT TO PERFORM

LOTS OF INFORMATION TO PROCESS

LOTS OF SUB-ROUTINES

BASKETBALL LAY-UP

SIMPLE Sprinting

**Throwing** 

COMPLEX
Sympostics Slip Catch

Gymnastics Slip Catch
Tumble (Cricket)

**DIFFICULTY CONTINUUM**