



DEMONSTRATING A SKILL

Everybody has heard the old saying that a picture paints a thousand words. Demonstrating new skills is an important component of coaching.

Tips for demonstrating a skill

- Make sure all participants can see the demonstration. Be aware of distractions, such as the sun, traffic or other groups.
- The coach does not always have to do the demonstration. Other options include one of the participants you know can perform the skill, a picture, a diagram, a video or props.
- Ensure the skill is demonstrated in the context of a game situation so participants understand why as well as how it is done.
- Highlight the main points of the skill. Keep explanations simple and brief. Try not to emphasise more than two or three key points at a time.
- Avoid pointing out things not to do as this will only overload the participants.
- You can break the skill into separate components for the purpose of the demonstration. Be sure to complete the skill at normal speed at the beginning and end of the demonstration.
- Let the participants practice – new information stays with people for only a short period of time unless they are able to try the skill.
- Verbal instructions are sometimes unclear – accompany verbal instructions with a complimentary visual.
- Always show the correct skill last. If you are showing a participant the difference between what they are doing and what you want them to do, demonstrate the correct skill after you have shown them their current method.

After the initial skill demonstration, participants need an opportunity to practise before the skill is progressed. This provides an opportunity for the coach to give individual feedback.

