



**Valuing Infrastructure
Investment: An Option
Games Approach**

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Learning Objectives

- Learn what technical and tactical skills are
- Learn the limitations of the traditional approach
- Learn what the games approach is all about
- Learn how to teach through the games approach
- Learn how to make the games approach work for you

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Technical Skills

- Specific procedures to move one's body to perform the task that needs to be accomplished
- Refer to the specific motor skills used to perform a task
- Hitting a baseball or softball, dribbling a basketball, serving a tennis ball, kicking a soccer ball, etc.

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Tactical Skills

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- Are the decisions and actions of players in the contest to gain an advantage over the opposing team or players
- A player who demonstrates good tactics knows where to go and how to use space and time intelligently
- Refer to the mental skills to know when and where to execute the technical skills
- Examples: hitting the ball to a players weak side, starting out fast in a race in hope of tiring the opponent early, forcing player to dribble with weak hand, etc.

Difference between STRATEGY & TACTIC

- Strategy refers to the plan of action for your team for a season or series of games
- Quicker guard oriented basketball teams may have the strategy to be an uptempo fast break oriented team
- Football teams with big strong offensive line and don't have a strong armed QB will tend to have a strategy that allows them to run the ball

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Traditional Approach

- Playing the game only after practicing the basic technical and tactical skills
- A typical practice session:
 - Warm-up
 - Teaching Technical skill
 - Repeated practice through drills
 - Scrimmage
 - Physical training if the practice did not involve sufficient physical conditioning

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Negatives of the Traditional Approach

1) Overemphasis on Technical Skills

- At the expense of teaching and practicing decision-making skills needed to develop tactical skills
- Game like experiences are often more beneficial in developing both technical and tactical skills
 - Drills to learn technical skills are needed but can deemphasize any thinking or decision making by athletes

Negatives of the Traditional Approach

2) Overemphasis on Direct Instruction

- Direct Instruction is the coach telling the athlete how to perform the skill - is the dominant method used for teaching in the Traditional Approach
- When overemphasized it can take away from the development of thinking skills required for problem solving and decision making in sport

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