Essence of the Games Approach

Difference between STRATEGY & TACTIC

Quicker guard oriented buskerball teams may have the

Football teams with big strong offensive line and don't have a strong armed QB will tend to have a strategy

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stratogy to be an uptempo fast break oriented team

season or series of games

that allows them to run the ball

Essence of the Games Approach

- **Focusing Play** · As athletes play you need to focus their attention on key elements of the game that
- · Players will not teach themselves the they need to learn from you
- Explain the purpose of the game
 Stop play to correct or positively enforce
- Freeze Play Great tool for capturing teachable moments

How the Games Approach Works

- Not simply throw out the hall an let them play!

Shaping Play

- Shaping the play of your athletes is about teaching through the game
- 1) Change the rules to create the learning environment you want
- 2) Alter the number of players
- 3) Alter the size of the playing area
- 4) Modifying the goal and the scoring

Enhancing Play

- · You can enhance play by presenting challenges during practices
- · Create close contests by playing out the last two minutes of a game
- · Encouraging your athletes' play and recognizing them for the progress they are

TABLE II. The bord Approach Camp and With Bridgers Approach Table 1998 See 6th period Section Camp and 1998 See 6th period Section Camp and 1998 An and the 1998 period Section Camp and 1998 period Section Camp and 1998 Section Camp and 1998 period Section Camp and 1998 period Camp and 1998 Section Camp and 1998 period Camp and 1998 perio When the control man of the cont

Negatives of the Traditional Approach

- Game like experiences are often more benefit developing both technical and tactical skills
- Drills to learn technical skills are needed but can demphasize any thinking or decision making by athletes

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Negatives of the Traditional Approach

2) Overemphasis on Direct Instruction

- When convergiusioni it can take away from the developmen of thicking shifts required for yeabless solving and decision making in quest

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Valuing Infrastructure Investment: An Option Games Approach

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Learning Objectives

· Learn What technical and tactical skills are

Technical Skills

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- · 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

- Non-garactifer érills can be boring and have athletes standing in lines and are tollowelly repositious.

Negatives of the Traditional Approach

Negatives of the Traditional Approach

3) Mindless Drills

- · Truditional approach often teaches technical
- skills of the sport out of the context of the Athletes learn the basic skills through drills
- skills within the game because they don't practice enough in game like situations

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Traditional Approach

- basic technical and tactical skills A typical practice session:
- Warm-up
 Teaching Technical skill
- Repeated practice trhough drills
- Scrimmage Physical training if the practice did not involve sufficient physical

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Tactical Skills

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- Are the decisions and actions of players in the con to gain an advantage over the opposing team or
- 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.

Essence of the Games Approach

- · Emphasizes learning the game through game-like practice activities that create realistic and enjoyable learning
- · As athletes play they learn what to do, this is called TACTICAL AWARENESS
- · When athletes understand the tactics they must use in the game they are then more eager to develop the technical skills that let them execute those tactics

Valuing Infrastructure Investment: An Option Games Approach

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

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.

Tactical Skills

- 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

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 trhough drills
 - Scrimmage
 - Physical training if the practice did not involve sufficient physical conditioning

Negatives of the Traditional Approach

1) Overemphasis on Technical Skills

- At the expense of teaching and practicing decisionmaking 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