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GAME SENSE



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‘Practice plays an important role in skill acquisition, although not all practice is of equal quality’

The difference between *TECHNIQUE* and *SKILL*

A 'technique' is a movement performed in isolation at practice

A 'skill' is the execution of the technique in the game



*The difference between **TECHNIQUE** and **SKILL***



Speed of execution

Pressure from opponents

Spatial limitations

Psychological considerations

What is Game Sense Training



It is an approach to coaching which uses games to :

- The Game Sense approach is a flexible and typical of a nonlinear pedagogy
- Utilise the ‘natural’ motivation and learning instincts of **players** inspired by playing games....
- *And develop*
 - ✓ *tactical and strategic thinking*
 - ✓ *skill application and development*
 - ✓ *the opportunity to ‘test’ themselves in competition*
 - ✓ *a real measure of their ability as a player*

Why use Game Sense training?



It allows coaches to develop a variety of **skills** and abilities apart from **technique**



It promotes maximum participation within the learning group



Players learn the **game** naturally and independently and subtly understand how **technique** translates into **game skills**



It reinforces the need for game 'rules'



Players learn the importance of teamwork



COACHING NOTE: *Performing in competition is the realistic long-term purpose of coaching*



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BUT

Mastering **non negotiable technique** first is essential before playing competitive matches

So Utilising mini games involving

time limits
opponents
specific situations

..helps players relate to **how, why** and **where** they naturally fit into 'the game'.

When should you correct technique ?



Performances in games will tell you when to intervene and what strategies to follow



Coaching technique changes in team sports for the sake of perfection is unrealistic and not helpful.



Changing technique will not necessarily improve game performances and team outcomes.

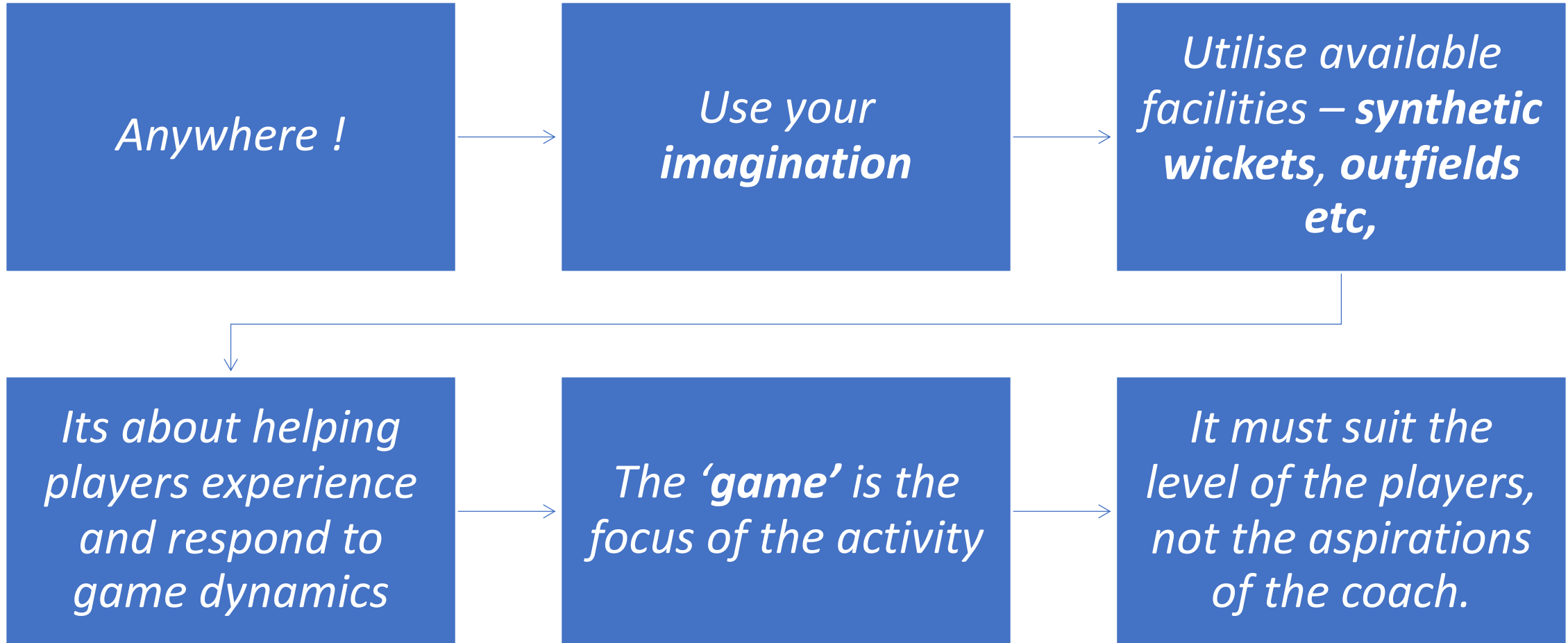
How do coaches plan a Game Sense approach



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- ***Past performances in matches are always their guide and reason***
- *We know the players capabilities and personalities intimately*
- *We have a clear idea of what we can achieve utilising games*
- *We plan – it is time consuming, but essential !*
- *We always try to include a variety of match skills in the activities*
- *We are clear about the activity focussing on individuals, or the team, or both ?*

Where can you implement a Game Sense activity



Characteristics of a skilled performance

- The majority of sports require key characteristics to achieve a skilled performance. Skills are learned abilities that athletes acquire through training and practice. Skill may be defined as the ability to perform at a high standard effectively and efficiently.

Skilled performance

- When watching a performer or performance, a skilled performance can be identified when demonstrating the following characteristics:

Effectiveness

- Accurate – eg playing the shot to where you want it to go
- Consistency – eg you can repeat the shot over and over again
- Controlled – eg the performer is in full control of the skill
- Confidence – eg belief in ability

Efficiency

- Technique – eg good technique that looks effortless
- Fluent – eg actions are smooth and controlled
- Aesthetic – eg the performance looks pleasing on the eye

Responsive

- Decision making - eg the performer makes correct decisions
- Adaptive - eg the performer can change the performance depending on the situation