

Types of Guidance - The Impact of Sports Psychology on Performance

Visual Guidance

Explanation: Visual guidance is when the performer is shown the skill e.g. videos, pictures and Demonstrations

- Pictures must be clear
- Demonstrations must be seen more than once and be of good quality so poor movement is not copied
- Demonstrations must be clearly visible

When you should use it: Is good for beginners so they can see what the skill looks like and create a mental image of what the movement should be
It is also good when it is not possible to hear verbal guidance e.g., during play

Advantages

- Can copy the movement
- Can be done with large groups

Disadvantages

- If demonstration is poor incorrect movement learnt
- Time consuming
- Videos are expensive
- Complex movements are difficult to recognise

Verbal Guidance

Explanation: Verbal guidance is when the performer is told information about how to complete the correct technique

- Information must be clear so it is understood
- Information must be concise (not confusing)
- Performer must be able to hear the information

When you should use it: Is good for more experienced performers who know what the movement should look like and can make sense of the information
It is also used when demonstrations are not possible e.g. a break in play

Advantages

- Instructions can be given quickly
- Can be used during a performance
- No equipment is required

Disadvantages

- Some movements are difficult to explain
- Relies on the coach's communication skills being good enough for the performer to understand

Manual Guidance

Explanation: Manual guidance is where the coach physically supports or moves the performer to help them get into the correct position

- Tennis coach moving the racket arm in the correct range of motion for a forehand drive
- A trampoline coach supporting a front somersault
- A gymnastics coach supporting a balance to get the right shape

When you should use it: This can be used with performers of all abilities and skill levels it is particularly useful for beginners

Advantages

- Can get a feel for the movement
- Build's confidence
- Can help break down the movement into phases

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Mechanical Guidance

Explanation: Mechanical guidance is where the coach uses equipment to support the performer to help them with technique.

- Using a harness when learning backward somersaults on a trampoline
- Using floats to develop leg strength when swimming

When you should use it: This can be used with performers of all abilities and skill levels it is particularly useful for beginners

It may be important to use mechanical guidance when the activity is dangerous such as using a harness when a performer is learning a new trampoline routine

Advantages

- Can get a feel for the movement
- Build's confidence
- Reduces danger

Disadvantages

- The feeling is not actually the same as actually doing the skill unaided
- Performer can become dependent on the support
- Incorrect feel can lead to incorrect movement being learned
- Cannot be used in large groups

Summary



Visual Guidance

A coach is giving visual guidance to a novice basketball player on how to grip the ball

He can see how the skill should be performed and can copy it

It is a clear demonstration so the performer uses the correct technique



Verbal Guidance

Jose Mourinho gives verbal guidance to an elite athlete. He gives him instructions quickly on how to improve technique

Because the athlete is experienced, he understands and makes sense of the information

Instructions are concise and easy to understand



Manual Guidance

Manual guidance is given to a novice performer on how to perform a serve

The performer gets a feeling for the motion and develops confidence to perform the skill in a game



Mechanical Guidance

A performer is using manual guidance (harness) to practice a trampolining routine

It's the first time the performer has attempted the routine so it reduces the danger

It develops the confidence of the performer as he can safely get a feeling for the movements involved