



TEACHING TACTICS

The IDEA Method (the one we called Tell, Show, Do)

The IDEA Method is great for teaching the technical skills of any sport, especially new skills, drills, or concepts. The IDEA Method provides a framework from which the coach can build on and can be easy to remember if you just realize you are teaching an IDEA to the players:

I - Introduce the skill: Announce the skill to the players and make sure they know what it's called, what you're teaching and what is going on.

D - Demonstrate Skill: Take a moment to demonstrate the skill yourself or get a player on the team to demonstrate the skill or drill that is being taught. Don't worry about being perfect – just be sure you are offering players the chance to see what is being asked of them – even if you have to pull up an example on your cell phone – be sure they see a demonstration.

E - Explain Skill: Touch on the key areas of focus when your players execute the skills. Be sure to start with the most important and only hit a few items at a time. You can always tighten up or add things later on, but hit the most important things first.

A - Attend to players practicing the skill. As you have the players practice the skill or run through the drills, be sure you are in a position to observe and give feedback to the players as they practice the skill. Remember – they are practicing the skills, so don't over-correct or be negative – they are practicing and your players will need repetitions to get better at things. Last, be sure your players are in short enough lines that they are getting the most reps possible. Some drills require a few moments of rest, but if your lines are too long, they won't be getting better.

Whole Part Whole Method (the one we called Break It Down)

Whole-part-whole is a traditional teaching method that is very impactful when teaching tactics and situations.

- Coaches teach the whole action first by demonstrating the skill with an athlete or video.
- The action is then broken down into parts and worked on in sequential order.
- All the pieces are subsequently put back into the whole action.

The key to whole-part-whole is to not lose sight of the whole. It is very easy to spend a significant amount of time practicing a part and drilling it to death.

Games-Based Methodology (the one we called Learning by Doing)

A games-based methodology can be very impactful when trying to teach strategy and overall game tactics. This style takes a different approach, and the coach does the activity and then teaches the skill as needed. The emphasis is on the action where games are used to provide teachable moments.

Games-based theory tries to mimic competition so that the athlete develops a 'competition sense'. It is necessary to plan the activities to get the desired scenario for the teachable moments to occur. It may or may not be possible to get exactly what is ideal as the coach but remember – they players are “playing” the game and learning by doing. This is one of the best ways to keep the athletes involved and progressing.

Lastly, remember it's about practice and learning – so give up control when using games-based approached and ask lots of questions to the players. Decision-making happens when playing the game, so your role should be to guide them not dictate actions – so use questions to get them thinking while playing.