

## **Top 5 Tips to Maximize Learning in Youth Sport**

- During the early stages of learning give athletes a visual demonstration to help them gain a mental picture of the movement. A picture is really worth a thousand words during this stage of learning. Be specific, concrete, and correct in your demonstration. Notify your players of what to look for in this demonstration.
- In general, the greater the number of practice trials, the greater the learning. Parents should endeavor to get youth as many touches and repetitions as possible. This means that youth should spend little time in lines or listening to instructional speeches.
- The adage “practice make perfect” is not quite correct. “Practice makes permanent” would be more accurate. Ensure that your child is practicing what needs to become permanent.
- When competition is added to a learning context learning will decrease. Parents should limit the competitive elements in the majority of practice sessions.
- Parents should endeavor to supply children with short, specific, positive, corrective feedback to aid in the learning process. For more information about feedback, please refer to “Ten Tips for Giving Great Feedback” in the coaches’ archive.