

Research the following terms and write down what they mean. Can you give an example of each type of skill for your sport?

Types of Skill

Open –

Closed –

Simple –

Complex –

Research the following terms and write down what they mean. Can you give an example of when you might use each type of practice when practicing skills in your sport?

Types of Practice

Part Practice –

Whole Practice –

Fixed Practice –

Variable Practice –

Choose 3 strengths and 3 weaknesses that you have identified and identify what type of skill it is (using the information you have found from above) and also explain why it is a strength of your or why it is a weakness of yours.

Skill	What Type of Skill is it?	Why is it a strength/weakness?
<u>Strengths</u>		
<u>Weaknesses</u>		