



Component 2 Practice Structures



Massed & Distributed Practice

| Massed Practice | Distributed Practice |
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| Massed practice is when there are little or no breaks in the session The same skill is repeated over and over again | Distributed practice is when there are breaks in the session providing rest and a change of activity There are fewer repetitions, several skills can be practiced at once |
| Massed practice is suitable for performers that are: <ul style="list-style-type: none"> Experienced/Skilled Motivated Older so less likely to get bored High fitness levels | Distributed practice is suitable for performers that are: <ul style="list-style-type: none"> A beginner Not very skilled Younger so more likely to get bored Low fitness levels |
| Massed Practice is usually used when the skill is: <ul style="list-style-type: none"> Closed, Simple and Low organisation Not dangerous | Distributed Practice is usually used when the skill is: <ul style="list-style-type: none"> Open, complex and highly organisation Can be dangerous |
| Advantages: <ul style="list-style-type: none"> Correct movement is grooved until you get a feeling for the skill and it becomes automatic | Advantages: <ul style="list-style-type: none"> Performer doesn't get tired Prevents boredom Keeps motivation |
| Disadvantages: <ul style="list-style-type: none"> Can be boring Can be tiring leading to errors Can lead to potential accidents | Disadvantages: <ul style="list-style-type: none"> May not improve the skill in the time allowed May take longer to learn the skill |

| Massed Practice | Distributed Practice |
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| Elite Tennis Player | Beginner Tennis Player |
| They would practice the same shot over and over again so the movement pattern is grooved | They would practice a skill with fewer repetitions and several skills can be practiced at the same time |
| This would be suitable to this type of performer because they are: <ul style="list-style-type: none"> Experienced/skilled/motivated Older so less likely to get bored High fitness levels | This would be suitable to this type of performer because they are: <ul style="list-style-type: none"> A beginner and Not very skilled Younger so likely to get bored Low fitness levels |
| Skills are usually: Simple - Closed - Low Organisation | Skills are usually: Complex - Open - High Organisation |

Fixed & Variable Practice

| Fixed Practice | Variable Practice |
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| Fixed practice is when the whole movement of a skill is repeatedly practiced in the same way so it becomes learnt The skill is not broken down into smaller parts. | Variable practice is when the same skill is repeated in different situations. Learning different skills in different situations means that when different situations arise, the performer has already experienced them. |
| Fixed practice is used when: <ul style="list-style-type: none"> The sport is mainly made up of closed skills The performer can practice in a situation similar to the performance situation | Variable practice is used when: <ul style="list-style-type: none"> The sport is mainly made up of open skills, because the situation is often changing |
| During fixed practice: <ul style="list-style-type: none"> The situation does not change. The routine is repeated until it becomes automatic. The equipment stays the same | During variable practice: <ul style="list-style-type: none"> The level of difficulty of the skill can be gradually increased so the performer can use the same skill in challenging situations |
| Examples include: <ul style="list-style-type: none"> Practice golf shots Practice tennis serve Gymnastics vault | Examples include: <ul style="list-style-type: none"> 2 V 2 and 3 V 2 in rugby Developing passing skills in netball Free kicks from various positions |

| Fixed Practice | Variable Practice |
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| Golfer | Games Player |
| They would practice the whole skill repeatedly until it becomes learned and automatic | They would practice a skill repeatedly in different situations, so when that situation occurs in a game they will already have the experienced it |
| Fixed practice is used during closed skills | Variable practice is used during open skills |
| During fixed practice: <ul style="list-style-type: none"> The situation doesn't change Equipment stays the same The routine is repeated | During variable practice: <ul style="list-style-type: none"> The same skill can be practiced in many different Situations Situations can vary in challenge |