

Skill Drills



Skill Drills

- Sport Leaders are primarily responsible for planning skill drills for each sport
- **All** counselors must know the directions for the drills, the applicable sports rules, and the proper way to conduct the drills
- The skills period must be well organized to make efficient use of limited instruction time

Planning Skill Drills

1. Determine the specific skills that the children need to practice.
 - During the first days of the STP, conduct basic-level skill drills and assess children's skill levels
 - Take notes regarding children's performance during drill periods and record skill placements on the back of the Sport Leader Tracking Sheet
 - Discuss the frequency of specific rule violations during recent drills and games

Planning Skill Drills

2. Determine each child's proficiency in the selected skills.

Example:

Basic = dribbling while standing

Intermediate = dribbling without looking at the ball

Advanced = learning to dribble around a defensive player

Planning Skill Drills

3. Determine the format to use for teaching each skill and the format of the drill period.

- Format will depend on skill levels and drills.
- May use a different format for different skills.

Planning Skill Drills

4. Determine the specific drills that are most appropriate to teach the selected skills.

- Children should not participate in a drill until they have mastered the skills that are components of the drill.
- Children who have mastered skills at a given level should learn and practice new skills.
- Children should practice skills in situations that are similar to game play.

Planning Skill Drills

- 5. Determine the directions for the drills.
 - Choose any instruction that helps to teach the skill.
 - Instructions may be more restrictive than the rules of a sport.
 - Example: "Use your free hand to trap the ball" in a softball catching drill.
 - Ensure that all counselors understand directions.

Planning Skill Drills

- 6. Determine the sports rules that apply to the selected drills.
 - Examples: double dribble during basketball drills, incorrect throw-in technique during soccer drills.
 - List the applicable sports rules on a note card with the directions for the drill and review when presenting the drill to the children.

Planning Skill Drills

- 7. Determine each counselor's responsibilities during the drill period.
 - Consider the format of the drills period, the complexity of the selected drills, and each counselor's sports knowledge and ability.

Planning Skill Drills

8. Review the directions for the drill and the game rules with the applicable counselors.
- Counselors must follow the Sport Leader's directions for each drill and must evaluate the appropriate directions and rules during the drills
 - Present all drill leaders with prepared index cards

Planning Skill Drills

9. Determine the specific equipment that will be needed for the drills and ensure that the equipment will be available.

Planning Skill Drills

10. Practice the drills.

Preactivity Discussion for Skill Drills

1. Review the activity rules for group discussions.
2. Review the day's social skill in relation to the drills.
3. Introduce the sports skill and explaining the skill's importance.
4. Review the activity rules for Skill Drills.
5. Review the format of the drill period.
6. Review the directions for the drills.
7. Review applicable sports rules.

Reviewing Instructions and Rules

- Ask the children whether they have questions
- Ask Nonstandardized Attention Questions
- Model the drill
- Model typical errors
- Ask for a volunteer to attempt the drill; provide constructive feedback but do *not* take points for Violating Activity Rules

Running Skill Drills

- Counselors model proper skills and provide instruction to individual children during the drill.
- Give corrective feedback for all occurrences of incorrect performance and provide social reinforcement to children who exhibit proper skills and who try hard.
- Maintain enthusiasm and pace the session so that the children do not become bored.

Running Skill Drills

- Sport Leader should monitor the ongoing drills to ensure that all children are receiving proper instruction.
- Use Nonstandardized Attention Questions to assess children's sports knowledge and to teach new skills.
 - Ask applicable questions from the lists of Standardized Attention Questions to assess the children's sports knowledge.
 - Ask when teaching new skills or concepts

Postactivity Discussion for Skill Drills

1. Review the activity rules for group discussions.
2. Discuss problems that occurred during the drills.
3. Discuss progress that the children made during the drills.
4. Discuss ways in which the skills can be integrated into game play.
5. Discuss skills that the group should practice in the future.
6. Discuss ways in which children used that day's social skill during the drills.
7. Discuss ways in which children earned and lost points during the drills and how children might avoid losing points in the future.
