

4.3 TEACHING FUNDAMENTAL SKILL AND THEIR MASTERY (TECHNIQUE, TACTICS AND DIFFERENT PHASE OF SKILL ACQUISITION), RECREATIONAL AND LEAD UP GAMES.

FUNDAMENTAL SKILL

Fundamental skill are movements that have specific observable pattern. They include:

1. **BALANCE SKILL:** Movement where the body remains in place, but moves around its horizontal and vertical axes.
2. **LOCOMOTOR SKILLS:** Such as running, jumping, hopping, and galloping.
3. **BALL SKILLS:** Such as catching, throwing, kicking, under arm roll and striking.

There are so many method and way of teaching fundamental skill, fundamental skill are the basic skill of any sports and games.

1. **Demonstration method:** The very first method of learning any skill is by demonstration. First show the skill to the learner. The skill should be demonstrate fully and in part by part in other word we can say whole part method the demonstration should be given.
2. **Instruction method:** After demonstration give the learner proper instruction about the skill, what are the necessary steps to be taken during performing the skill.
3. **Correction method:** Correction is another most important part of teaching the basic. Always rectification is very necessary during the learning session. It is very important learner should understand the mistake.
4. **Repeated practice method:** repeatedly practicing is very important before a learner will master the skills.

To teach basic or fundamental so many things should be taken care of. Teacher should actively participate with learner, after teaching ask the student to demonstrate the skill to ensure the instructions have been understood before commencing practice. Student began practice immediately after viewing a demonstration. Always be patient and do not provide more than one and two pieces of new information at a time. Praise in public and remedy in privet is also very important. Keep the purpose of lesson always clear. Always set the call and size of the group.

ADVANCED SKILL (MASTERY OF SKILL)

“It is the ability to perform a skill consistently well at at speed, under any type of circumstances and pressure conditions in a practice or a competition environment.”

“It is the ability of an athlete to choose and perform the right technique at the right time, successfully, regularly and with a minimum of effort.”

Advance skill is based on so many factors are as fallows:

1. **Cognitive skill (knowing):** Know and understand the vital aspect of skill and sports.
2. **Affective behavior (feeling):** It is very important how a sportsman feel during performing any skill during competition and practice, so positive attitude is very important.
3. **Psychomotor skill (doing):** Excellence in sport requires the execution of precise, fluent and effective movement pattern.

In advance skill some other factors are also very important like technique, ability, style, tactics and tactical preparation, and different phase of skill acquisition.

1. Technique: it is the basic movements of any sports or events. It is the way of doing a particular skill scientifically. It can be defined as the single motor procedure for taking and tackling a motion or motor task. We combine several techniques into a pattern of movement. Example in triple jump running and then hop step and jump phase.

2. Ability: It is the make up of any athlete they inherit from their parents. Abilities underpin and contribute to skills. Abilities can be essentially perceptual, essentially motor or a combination of both.

3. Style: It is the individual's expression of technique in motor action. Athlete due to specific psychic, physical and biological capacities realize the technique in a unique personal way.

3. Tactics and tactical preparation: "tactics can be define it a plan or strategy through which one can be prepare him or her or their team for the competition and for better performance," Tactics further analyze and shows possible solution of individual competition situations. There are various type of tactical conceptions like individual tactics, team tactics, offensive or attacking tactics, defensive tactics, high performance tactics. There is various method of tactical preparation. Presentation method (demonstration and explanation method), cooperative method, Task method observation task, movement task, performance task, practice task, assessment task).

Phase of motor skill acquisition

Motor skill learning is the study of processes people go through as they acquire and refined motor skill. One must also consider the variables that promote or inhibit the variables that promote or inhibit the acquisition of these skill.

This process is associated with three phase:

- 1. Cognitive Phase:** It involves with the identification and development of the skill. An athlete learn what is needed to perform a skill. Give attention to decisions and step by step procedure should be fallowed. Lots of thinking is needed. There is a tendency to perform the skill slowly and frequent errors occur during the learning. Requires lots feedback by coach and peer group. Allow time for practice and if needed than re demonstrate the skill. Don't overload the learner with information.
- 2. Associative Phase:** Its link the component part into smooth action. In this phase refine the accuracy and consistency of the motor skill. Performer gradually gets more successful and fluent and errors become less. Learner begins to make use of intrinsic feedback. This phase is generally longer than cognitive phase. This is the phase of rapid movement. Learner perform and practice skills under a variety of situation.
- 3. Autonomous Phase:** It developing the learned skill so that it becomes automatic. Some performer may only reach the autonomous phase after many years of practice other may never reach this phase. Performer analyzing on performance and adjust own actions. High level of smoothness, efficiency, accuracy and performed without stress in all situations.