



PRACTICE CONDITIONS

RECOMMENDED PRACTICE CONDITIONS	STAGE OF SKILL DEVELOPMENT			
	INTRODUCE (First contact)	DEVELOP (Movement patterning)	CONSOLIDATE (Correct execution in variable conditions)	REFINE (Minor improvements)
Surrounding environment	Stable and predictable, free of distractions	Stable and predictable, free of distractions	Increased variability and distractions in the environment, but not to the point where movement patterns deteriorate	Competition conditions
Decision-making	No decision-making or options to choose from	Simple decision-making, maximum of 2 options	More complex decisions to make, increased frequency of decision-making, and more options (3-4)	Complex decisions, as many options and at the same frequency as in a competition
Speed of execution	Slow and controlled	At athlete's own pace	Increased, variable, and close to competitive demands	Similar to conditions in competition
Number of repetitions	As needed, depending on athlete's general motor development	High	High	As many as possible
Risk factor	Completely safe conditions, errors of no consequence	Low-risk conditions	Less than or similar to what is encountered in regular competition	Similar to a high level of competition
During training, the emphasis should be on...	Basic stances and positions; getting the idea of what the movements are about, look like	Global execution and general form of the movement	Maintaining the form of movements and some performance consistency under a variety of conditions and under stress	Creating conditions that stress the specific elements that need adjustments