Component 2 Practice Structures

Massed & Distributed Practice

Massed Practice	Distributed Practice
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: • Experienced/Skilled • Motivated • Older so less likely to get bored • High fitness levels	**Distributed practice is suitable for performers that are:** • A beginner • Not very skilled • Younger so more likely to get bored • Low fitness levels
Massed Practice is usually used when the skill is: • Closed, Simple and Low organisation • Not dangerous	**Distributed Practice is usually used when the skill is:** • Open, complex and highly organisation • Can be dangerous
Advantages: • Correct movement is grooved until you get a feeling for the skill and it becomes automatic	**Advantages:** • Performer doesn't get tired • Prevents boredom • Keeps motivation
Disadvantages: • Can be boring • Can be tiring leading to errors • Can lead to potential accidents	**Disadvantages:** • May not improve the skill in the time allowed • May take longer to learn the skill

Massed Practice	Distributed Practice
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: • 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:** • 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
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: • 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:** • The sport is mainly made up of open skills, because the situation is often changing
During fixed practice: • The situation does not change. • The routine is repeated until it becomes automatic. • The equipment stays the same	**During variable practice:** • The level of difficulty of the skill can be gradually increased so the performer can use the same skill in challenging situations
Examples include: • Practice golf shots • Practice tennis serve • Gymnastics vault	**Examples include:** • 2 V 2 and 3 V 2 in rugby • Developing passing skills in netball • Free kicks from various positions

Fixed Practice	Variable Practice
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: • The situation doesn't change • Equipment stays the same • The routine is repeated	**During variable practice:** • The same skill can be practiced in many different Situations • Situations can vary in challenge