

**School of Sport and Recreation**

**Department of Coaching, Health and Physical Education**

**Topic 3 – CLA Student Ideas**

Observational learning activity: Practical set up to highlight the 3 constraints. Students observe movement in each and record on sheet to learn and discuss how each of the constraints may have influenced the performers movements

**CLA theory into practice:** Teacher is to set up a ‘bad task’ that will highlight poor technique or game play / choices eg 15 vs 15 basketball! The activity can then be manipulated in the following ways for potentially the following results:

1. Split into 2 mini ball games of 7 vs 7: to encourage better use of space and less crowding
2. Defending team has to retreat to their defensive half when opposition has overturned possession and cannot try to regain possession until over half way: to encourage and develop confidence in ball carrying / dribbling
3. Use flat balls: to encourage a passing rather than a dribbling game
4. Must make at least 3 passes before shooting: to encourage passing in a team that has ball hogs or dribbles and loses possession lots.
5. Extra point if pass to sub on sideline who makes successful pass back into own team: to encourage looking wide and opening up the game instead of always up the middle
6. Different points for shots dependant on what you want eg. for in key / out of key / under basket: to encourage taking risks in trying a variety of shots depending where opposition are
7. Put players in certain areas that they have to stay in eg. tall players X2 - 1 under each basket (defending and attacking), 3 players who play in vertical zones up the court ro horizontal zones depending : to encourage / exploit individual constraints eg height under basket, speed/control to dribble up the court and pass wide (vertical zones), ability to switch from ball carrier to attacking / defending mode (horizontal zones)

Personal observational and discovery - give students time to reflect on actions / movements and thinking about how/why they are moving. Allow them to set up a task to try and change the movement to something they think is preferable.

  