Blocked Practice

Sessions concentrate on one aspect of technique, practicing it over and over again until the paddler 'gets it'.

Use a turning stroke to go around in circles

Random Practice

A random selection of techniques are practiced in the session

Paddle to marker and turn the boat away from the blade

Varied Practice

The practicing of a technique once learned is varied.

Turn - left / right or forwards / backwards or solo / tandam

Distributed Practice

A procedure for learning a skill in which small units of practice are alternated with rest periods; usually the practice time is less than the rest time. This can be compared to massed practice - more practice than rest (otherwise known as cramming). It has been proved that meaningful learning is promoted when distributed practice is conducted.

Weekly rehearsal of paddling skills rather than an intense workshop day

Whole - Part - Whole Practice

Initially the paddler attempts the whole skill and the coach monitors to identify those parts of the skill that the paddler is not executing correctly. Part instruction can then be used to address the limitations then repeat the whole skill with the coach monitoring for any further limitations.

Pivot turn

Which practice structure works?

All of them!

Random has been found to be a more effective method of learning because it simulates the reality of the using techniques/skills in a paddling environment and there is an element of learning and re-learning the technique within a mixed session and comparing different techniques with each other. If distributed practice and variation are added to the mix strong, lasting learning takes place. A good **Long Term Memory File** is produced.

Cramming blocked practice will produce several things - **boredom** and a transient **Short Term Sensory File** which will enable reproduction by rote of the technique - for a short while with no ability to adapt.

Blocked practice is, however, a good way to introduce a new technique, used with whole - part - whole when the technique/skill is complex