

CAP COACHING CONTINUUM

Totally Un-Game-like

Totally Game-like

Totally Blocked Practice

Totally Random Practice

Totally Massed Practice

Totally Distributed Practice

Totally Single Skill Focus

Totally Combo Skill Focus

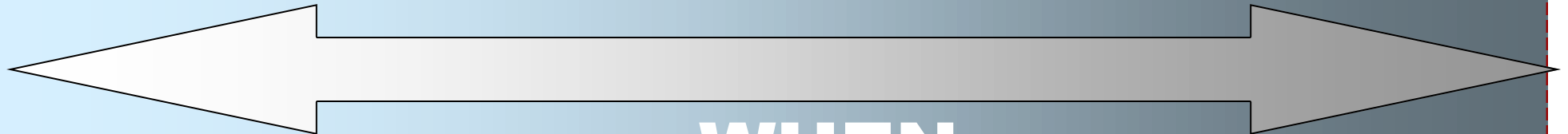
Totally Part-Skill Teaching

Totally Whole-Skill Teaching

Totally Individual Training

Totally Team Training

WHERE ARE YOU?!



Introduction of Skill/Technique

Mastery of Skill/Technique

AND WHEN?!

Beginning of Practice

End of Practice

Beginning of Season

End of Season

Beginning of Player Career

End of Player Career

Beginning of Coach Career

End of Coach Career

AND WHY?!

CAP COACHING CONTINUUM

Totally Un-Game-like

Where is *YOUR* Drill?!

Totally Game-like

Totally Blocked Practice

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Totally Random Practice

Totally Massed Practice

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Totally Distributed Practice

Totally Single Skill Focus

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Totally Combo Skill Focus

Totally Part-Skill Teaching

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Totally Whole-Skill Teaching

Totally Individual Training

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Totally Team Training



Introduction of Skill/Technique

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Mastery of Skill/Technique

Beginning of Practice

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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End of Practice

Beginning of Season

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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End of Season

Beginning of Player Career

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End of Player Career

Beginning of Coach Career

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End of Coach Career