**Monday 27th April; Lesson Aim,**

**By the end of today and before I have a lesson with you tomorrow! I want 3 techniques of a coach removed from their tables and written into paragraphs. U24 A5**

**The complete the conclusion at the bottom of the document and upload to Godalming online.**

**Points needed in the conclusion are;**

* **Out of the 3 you have selected how would you rate its importance and likelihood of you using the technique in your coaching? Why?**
* **How are the techniques similar and different to each other? Why?**
* **What is the best information you gain and what would you do with it? How this improves the performance of you and participants?**
* **Overall, the main technique you would use and why? Include the advantages and disadvantages effect it has on your coaching or the participant?**
* **Similarities and differences of the 3 techniques – what evidence do they give you that is beneficial etc.**
* **The one you will always use and why? What does it provide you with? How it helps you as a coach and the athletes? Be awfully specific with your examples give reasons and what happens etc. This is an evaluation you need to evaluate something! So, either the difference between the 3 and the information provide from using the technique!**