



UNIVERSITY OF
WINCHESTER

Winchester Wellbeing & Sport Consultancy

WORKSHOP

Ecologically Dynamic
Practice Designs for
Shooting in Football

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Ecologically Dynamic Practice Designs for Shooting in Football



Dr Steve Smith

WORKSHOP

An ecologically dynamic approach to coaching provides an underpinning framework for skill acquisition and practice by creating representative learning environments that mirror match play movements, techniques, and tactics. This workshop uses the unique and expert knowledge of the coach to refine their coaching delivery to enhance player performance and development. Making the most of the opportunities created to score goals is vital for successful outcomes in football, which makes the training of goal scoring skills highly important for performance. This workshop will be of interest to coaches at all levels wanting to improve their coaching by providing practice sessions that include the full array of perceptions available to players when attempting to score goals. This workshop is delivered by Dr Steve Smith.

Steve is a researcher, practitioner, and coach educator. Steve's research explores the representative learning designs of sport practice environments. Currently working as a senior lecturer at the University of Winchester, Steve has published ecological dynamics and representative learning design research across multiple sports. Steve's experience as a high-level coach allows him to expertly provide quality coach education workshops that bridge the gap between research and real-world coaching.

WORKSHOP FORMAT

This workshop can be supplied in a half-day or full-day format.

The workshop will include the following elements:

- How skill is acquired and practiced in football (classroom)
- The principles of representative learning designs (classroom)
- The impact of conditioned approaches in coaching sessions (classroom)
- Exploring current shooting practices (pitch)
- Evaluating the perceptual information and representative outcomes used in current shooting practice (classroom)
- Developing representative learning designs for shooting in football (pitch)

For more information please email: steve.smith@winchester.ac.uk