BTEC Tech Award in Sport Component 2 LAC Knowledge Organiser

1 What is a drill?

Drills are repetitive training activities which do or do not use equipment in order to improve part of an individual performance.

1 What are the four different types of drills?

- Unopposed stationery drills
- Drills with the introduction of travel
- Drills with passive opposition
- Drills with active opposition

2 Unopposed stationery drills

Unopposed – with no opposition, giving time to learn techniques and practise skills.

2 Drills with the introduction of travel

Travel – Movement around the area. This is where you move as you try and complete the new technique you have just learnt.

2 Drills with passive opposition

Passive opposition – with opponents in place who do not attempt to beat the performers. This gives a feel of the situation and is useful for beginners who still need time to develop their technique.

2 Drills with active opposition

Active opposition – the opposition actively try to tackle, intercept or stop the performers succeeding.

3 What is a conditioned practice?

Alter the rules or set up, so that practice can still take part in a game situation but focusing on a particular skill.

3 Why do we use conditioned practice?

- Allowing players to practise skills in context.
- Recognising triggers; one of the most crucial aspects and advantages is the learner selecting the correct 'moment' in which to use the skill.
- Conditioned games allow creative practice, reflection, adaptation and the observation of the effect.
- Allows learners to recognise the purpose of the skill through its effect on the game or situations within it.
- Can allow learners robust transfer into actual full game situations.

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5 Sporting Examples

- Football – You have to pass to every player on the pitch before you shoot at the goal. **(Passing)**
- Basketball – You have to walk with the ball dribbling for 3 steps before you pass the ball. **(Dribbling)**
- Rugby - You have to be tackled to the ground before the ball is given to someone else. **(Breakdown)**
- Netball - Created channels that you have to stay in while moving up and down the court. **(Spacing)**