



Planning Guidelines for Massed or Distributed Practice

Type of Practice	Definition	Examples	Most Effective For or When ...	Not Recommended For or When ...
Massed Practice	<ul style="list-style-type: none"> ☉ An approach to practice in which a given task or movement is repeated many times in a row without pauses or rest <p>OR</p> <ul style="list-style-type: none"> ☉ where the pauses or the rest between each repetition are short compared to the duration of the actual task or movement itself 	<ul style="list-style-type: none"> ☉ Setting or forearm passing the ball back and forth for a 3 minute period ☉ Attacking 10 balls in a row without rest 	<ul style="list-style-type: none"> ☉ Discrete skills or tasks that are very short (and where movements are therefore performed rapidly), in particular during the acquisition phase (<i>Note: in some cases, such as throwing, some rest between repetitions may be necessary to avoid injuries</i>) ☉ During the acquisition and consolidation stages of skill development ☉ The duration of the practice is set (e.g. facility is available for one hour) and lots of repetitions are needed ☉ The energy requirements of the task are not too high ☉ The activity or the task performed poses little risk 	<ul style="list-style-type: none"> ☉ Continuous or serial skills or tasks that require a lot of speed or coordination and where fatigue can build up and affect the quality of execution ☉ Fatigue developing during the session increases the risk of accident or injury, particularly toward the end of the practice
Distributed Practice	<ul style="list-style-type: none"> ☉ An approach to practice in which the pauses or the rest following each repetition of a task or movement are long compared to the duration of the actual task or movement itself 	<ul style="list-style-type: none"> ☉ Attacking drill that has game-like or longer rest periods, or includes other skills in between attacks 	<ul style="list-style-type: none"> ☉ Continuous or serial skills or tasks that require a lot of speed or coordination, and where fatigue can build up and affect the quality of execution or increase the risk of accident or injury 	