

Planning Guidelines for Part, Progressive Part, or Whole Practice

Type of Practice	Definition	Examples	Most Effective For or When ...	Not Recommended For or When ...
Part Practice	<ul style="list-style-type: none"> ☉ A complex skill is broken down into distinct parts that are practised separately 	<ul style="list-style-type: none"> ☉ Breaking down the attack into its component parts of approach and arm-swing. 	<ul style="list-style-type: none"> ☉ Skills that involve some risk in the early stage of learning ☉ The parts are performed relatively independently of each other in the real skill ☉ Serial tasks of long duration where errors in one part do not affect the actions in the parts that follow ☉ Slow serial tasks where the parts do not affect each other 	<ul style="list-style-type: none"> ☉ The interaction between each part is high ☉ An error made or a change happening in one part affects the actions in the part that follows ☉ Discrete skills that are short, are performed fast, or involve balls or objects on a trajectory ☉ Coordination of different parts of the body is important (hand and foot motion) ☉ Continuous skills
Progressive Part Practice	<ul style="list-style-type: none"> ☉ Parts of a skill are gradually integrated into larger blocks that come progressively closer to the real, whole action 	<ul style="list-style-type: none"> ☉ 1. Pass ☉ 2. Pass-Set ☉ 3. Pass-Set-Hit ☉ 4. Pass-Set-Hit-Block etc. 	<ul style="list-style-type: none"> ☉ The task has parts that interact with one another, and adjustments may be necessary as a result of events that occurred in a previous part ☉ The learner has reached a stage where linking actions in a complex skill no longer poses safety risks 	<ul style="list-style-type: none"> ☉ The learner cannot yet link critical parts or actions in a complex skill, and this poses safety risks
Whole Practice	<ul style="list-style-type: none"> ☉ The learner practises all parts of the skill in the right order from the outset 	<ul style="list-style-type: none"> ☉ Attacking ☉ Passing a serve ☉ Game like situations 	<ul style="list-style-type: none"> ☉ Continuous skills ☉ Discrete skills that must be performed rapidly, and in which various parts of the body are involved ☉ Coordination of different parts of the body is important (hand and foot motion) 	<ul style="list-style-type: none"> ☉ The learner cannot yet link critical parts or actions in a complex skill, and this poses safety risks