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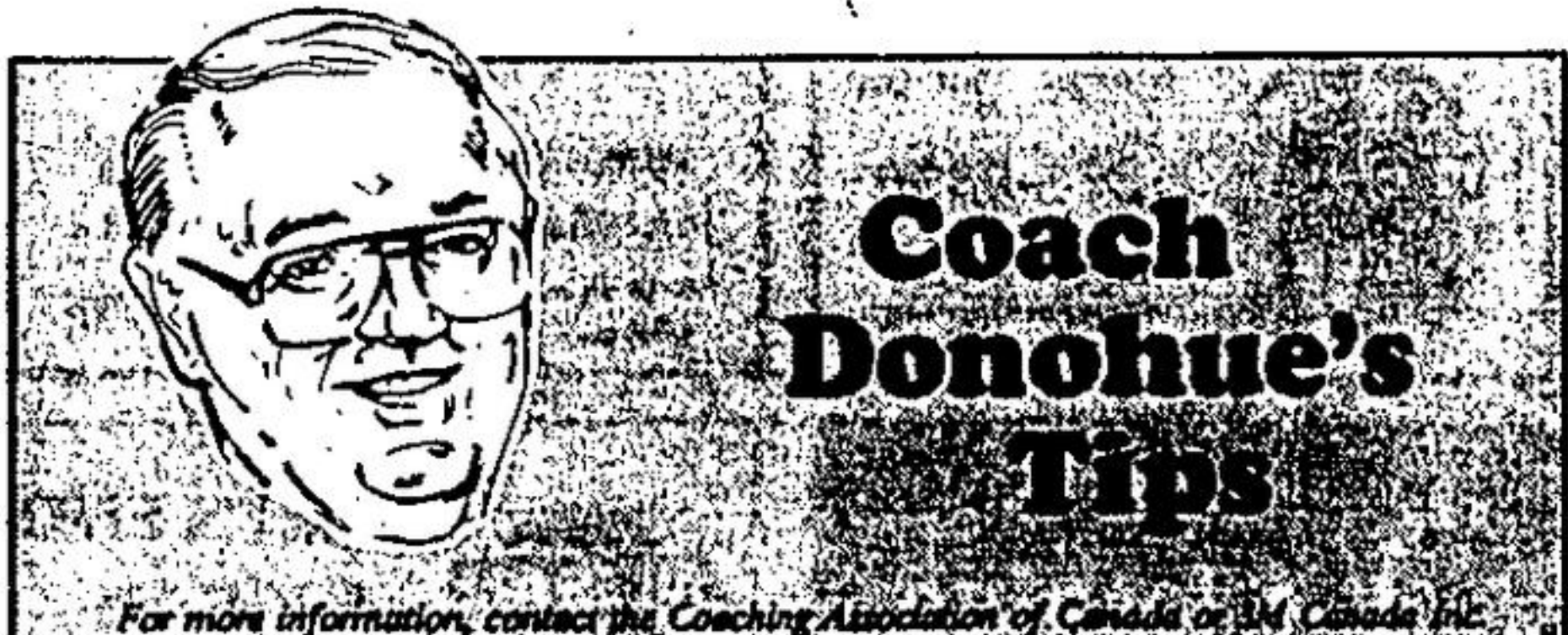
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Coach Donohue's Tips

For more information, contact the Coaching Association of Canada or IM Canada Inc.

Correcting skills

One of your key jobs as a coach is to correct skills. In order to do this well, you must first learn to observe skills. Learning to see is a skill in itself.

The first step in observation is analysis:

- What is the purpose of the skill?
- What are the parts of the skill?
- How do the parts contribute to the purpose?
- What exactly should you see the body doing if each part is performed correctly?

The answers to these questions come from a thorough knowledge of your sport - from courses, films, books and other coaches.

The second step in observation is deciding what part of the skill you will concentrate on, and why.

The third step is to decide on your viewing position.

- What distance away is best?
- What angle(s) will you watch from?
- How about distractions?

The fourth step in observation is actually observing. You have already selected the part:

- What actions will you concentrate on?
- In what order?

Watch the skills for as many times as is necessary to get the information you need. If, as in many sports, the movements are too fast to see clearly, learn to observe by using video and slowing it down.

Here's how a diving coach would follow the steps for observation.

Purpose:

To earn points.

Parts: Approach, hurdle, take off, dive, entry.

Contribution: Take off - minimal lean, body straight, arms above head.

Should see: Take off - determines height.

Concentrate on: Take off - gain more time.

Viewing position: From side. Vertical pole against wall to show angle of lean.

Observe: lean, body; arms.



On the attack

Acton Novice Rams I player Chris "Mad Dog" Lee (on right) tries to set up a play for his team in the Fergus end during a game at Acton Arena on Monday. Rams overpowered the visitors 15-1 and

sport a 16-0 record entering the league playoffs, which begin the first week of August. (Herald photo)

O'Tooles gets Flag Football revenge

By LEANNE FOURNIER
Herald Special

O'Tooles sought revenge on their opponents Mobile Sound on Sunday. Last time these two clashed, Mobile came out on top but this time the tables were turned. O'Tooles won 20-7. Burns defeated West Insurance 31-14 and CIBC along with Arnies won its contests.

Bev Heinz led the scoring for O'Tooles with a 14 point tally. Donna Waters scored the other touchdown and picked off an end-zone pass to stall a Mobile comeback. Rosemary Gale posted the lone Mobile TD while Sandy

Brownridge kicked a single.

Arnies Body Shop pumped a few missiles into JV's sinking ship, though star receiver Linda Ferguson is out for up to five weeks with an ankle injury. Sue Ferguson posted 12 points while Barb McKeeman and Jodi Jacobs each scored six points. Caroline McMillan chipped in two singles. Tara Bouskill and Carol Kovacevic snagged opponent's passes to stall JV.

The third matchup of the day looked to be a great battle. West scored first with a Tammy McLaughlin touchdown and con-

vert. For Burns, Donna Davey grabbed two touchdowns while Brenda Hamilton, Denny Ursel, and Michelle Miehni each had one. The previous weeks stats credited a touchdown to Denny Ursel in error. Donna Davey was the recipient.

Julie Burgan continues to look comfortable at the CIBC helm. With the return of Monica Mastalerz, CIBC has a great one-two punch. Marg Walinga and Nancy Hamilton shared the scoring with 12 points and eight points respectively. Mastalerz kicked a field goal to add to the margin over Michael's Restaurant.



Lawn Bowling trophy

Ted and Lillian Lawrence display the new trophy Lillian has provided for the Georgetown Lawn Bowling Club. A member of the club for over 30 years, Mrs. Lawrence said her trophy will be given annually to the winners of the ladies trebles tournament. This year's winners - Fran Clements, Mary Marshall and Elizabeth Nyholt were from Milton. (Herald photo)

the HERALD SPORTS SHORTS

Our mistake

In the July 12 sports section of The Herald, Mike McElroy was not mentioned as one of the co-winners of the Acton Sabres hockey team's defensive player award (shared with John Van Dam). The Herald regrets the error.

Assistant coach

Acton resident Christine Craig is joining Georgetown's Holly Sonas as part of the provincial juvenile team that is competing in upcoming international and Canadian competitions.

Craig was selected earlier this month as the assistant coach of the team, which is playing squads from other countries in Saskatoon this weekend and will then be competing at the Canadian Nations, held August 10-12 in Quebec City.

Honda baseball

Georgetown Honda is giving over 50 local children the chance

to test their baseball skills at the Fairgrounds tomorrow (Saturday) at 10:00 a.m. The top nine participants will advance to the area finals in Hamilton next weekend and the winners will get to compete at the Skydome in Toronto on August 10.

The event, Honda Hit-Run-Throw, run in conjunction with the Ontario Baseball Association, is set up in three levels of competition for boys and girls aged seven and eight, nine and 10, 11 and 12, all of which win points for their skills in batting, running and throwing. Each entrant will be awarded points on: distance and accuracy of throwing a regulation baseball, hitting distance and how fast he or she runs around all the bases.

At Georgetown's event, the top three finishers in each age group will take part in the Hamilton competition. The top two from each age group will then be off to the Skydome. More participants are still welcome, so call Russ Millar at 873-1818 for more details.

Baseball ranking

Georgetown Juvenile rep

baseball team are likely to move up to either the 'B' or 'C' level of competition for the Ontario playoffs which begin in mid August, according to coach Brian James.

While James acknowledged he didn't know exactly what place the team holds in its league due to the convenor not providing the statistics yet, he said Georgetown's 9-4-1 record (as of July 16) is likely to put the team in a higher competitive bracket than last year's 'D' group.

"The OBA (Ontario Baseball Association) will be letting us know our ranking on Monday, though we won't know who we're up against until closer to the playoffs. Compared to other teams I've talked to, I think we have a good chance of getting into the 'B', but 'C' wouldn't be too bad either."

Georgetown came from behind on July 10 to tie Cawthra 6-6 and help keep its record from slipping, rallying from a 6-1 deficit to knot things up before the 10:15 p.m. curfew. The boys played Wednesday at home against Brampton, but results were unavailable at press time.