

Learning skills depends on student not coach

A simple skill is one which a learner can perform with very little practice. A complex skill is one which cannot be learned easily. It is the reaction of the learner, not the decision of the coach which determines if a skill is simple or complex.

Complex skills are composed of parts and so can be simplified. Sometimes the parts are distinct, like links in a chain, and can be practised separately. Sometimes separation of parts is difficult. So there are three ways of teaching complex skills: shaping, forward chaining, backward chaining.

In shaping the skill being taught grows gradually, like a sculpture. To teach a skill by shaping:

- Briefly demonstrate and explain the complete skill.
- Simplify the skill to include only the most important action.
- Have the athlete practise the simplified skill.
- Add the missing parts gradually, until the whole skill is 'molded'.

In forward chaining the skill is learned like poetry, accurately, a bit at a time, starting at the beginning. To teach a skill by forward chaining:

- Briefly demonstrate and explain the complete skill.
- Teach the first 'link' only.
- After practice, teach the second link.
- Then teach and practice the two links together.

In backward chaining, the skill is taught accurately, in sequence, but starting with the last link and working backwards — very motivating if the last part is the best — like scoring a goal!

- Other hints for teaching complex skills:
- Simplify the situation (fewer people, lower apparatus).
 - Slow down the action.

When athletes are learning skills and strategies, it is important that stress be reduced. Tasks should be simplified, action can be slowed down, and anxiety-producing situations should be minimized.

**COACH
DONOHUE**

WITH JACK DONOHUE



Remax 22-run inning a blast

Goliger's Travel and Re/max met Monday at Omagh with Re/max trying to put a lock on their first divisional title. They managed the feat with a 38-18 victory behind a huge 22-run inning.

The Realtors scored a pair of first inning runs, but the Goli Bears soared back with six runs in the second. Re/max took the third inning with a 22 run assault, sending 26 batters to the plate. The assault took the air out of Goliger's sail as the Realtors bashed out a total of 58 hits. There were 89 hits in the contest.

Loris Faggion was six-for-six with five runs scored. Gary Thomas was six-for-seven with four runs scored. Five hit performances were had by Ken Cordner, Bruce Nicholson, Tom Dodd and Rick Jeffrey.

Goli Bear Brian Gildea had a perfect five-for-five night with three runs scored. Graeme Colvin scored a pair of runs and chipped in with five hits. Randy Way and Barny Henderson chipped in with four hits apiece.

In Monday's other contest Halton Pool beat St. Clair 13-11. Halton Pool scored the first run of the game in the second inning. St. Clair came back in the third and scored four times. The Poolmen tied the score at four in the fourth and took the lead in the fifth with a single run. The seventh saw the Poolmen score a pair of runs to lead 8-5. In the eighth

**SLO
PITCH**

WITH CARL TAYLOR



they traded runs, with Halton Pool gaining another run edge. St. Clair's final inning comeback fell short.

Leading the Halton Pool attack was Rich Hierman who batted four-for-four including a double and triple. Three hit performances were had by Ian Grant (double) and Cecil Van Gelder. For the Painters it was Glen Bragg who led the charge with a four-for-five night. Ray Grisold, Brent MacArthur, Pat Thomson, Ted Ollerenshaw and Dave Hunt chipped in with three hits each.

Tuesday evening the cellar dwellers, Milton Colour and Sound, took on The Dickens at Bronte Meadows and came away with a win 24-13.

Milton Colour jumped out to a quick five run lead in the top of the first. The Dickens countered with four runs in the bottom of the frame to trail 5-4. The Sounders scored another six runs in the second to lead 11-4 which would hold up until the fourth when four runs by Milton Colour and seven by The Dickens through the seventh inning left The Dickens trailing 15-11.

Milton Colour's Kent Rennie had

a perfect six-for-six night and scored twice. Big Mike Churchill went five-for-six hitting three singles and knocking a pair of doubles. His only blemish was his first 'K' of the season. For The Dickens, Jim Wedgewood led the charge with four hits in five plate appearances. Wedgewood hit three singles and a double. Three hit nights were had by Larry Meehan, Steve Beauchamp and Clayton Hackenbrook.

Tuesday's other action was between Fat Freddy's and Canadian Pacific with the former squad coasting to a 33-14 win.

Fat Freddy's broke the game open with a 14 run seventh frame after the score had been tied at 8-8 after three complete.

Fat Freddy's Ken Philips hit for the cycle and had a five-for-five night. Doug Simpkins had a perfect night with a six-for-six performance, hitting two doubles and a triple. Steve Marek and Ken Brown had five hits each. Don Simpson, Phil Dimaso and Bob Harvey hit back-to-back-to-back homers.

Canadian Pacific's Dave Adams was a perfect five-for-five at the plate and scored five times. Dennis Cheevers chipped in with five hits, all singles, while Merv Fletcher produced four hits.

Omagh was the scene for the Wednesday encounter of Bousfield Auto and Re/max. Bousfield trailed in this game 15-5 after five complete. In the sixth, 12 consecutive hits produced 12 runs to put the Auto-workers out in front 17-15. A single run in the sixth and a pair in the seventh put Re/max back in the lead. The eighth produced four more runs for Re/max, and a 22-17 lead which turned out to be the final score.

The Realtors' Merv Ball (double), and Loris Faggion (triple) led the assault with four-for-five nights. Ken Cordner (double), Gary Thomas (double), Bob Thoburn, John Burtwhistle, Paul Lemmon and Ron Furik each had three hits. For the Autoworkers it was Bob Comport, Barry Fletcher (triple) and Jim McCrossin (double) who all had four-for-five nights.

Moving to Thursday's action at Drumquin the Key Centre took on Goliger's and came out on top of a 20-18 final.

A grand slam homer by Randy Howse of the Key Cutters put them up 10-7. The Bears fought back to take a 14-11 lead halfway through the fifth when the Cutters struck for six runs to take the lead. Three more runs in the seventh gave the Cutters a 20-15 lead, enough for the win.

Howse and Hector Campbell led the Cutters both going four-for-four. Campbell had two triples and a double and four runs scored. Howse hit two doubles and two homers, his 18th and 19th, and scored four times as well. Brian Boyle (triple), Steve Gervais (triple) and Mario Ricci had three hit performances.

The Goli Bears attack was spearheaded by a five-for-six performance from Barny Henderson and a four-for-five night from Randy Way. Other four hit nights were had by Bill Roberts, Wayne Leblanc and Paul O'meara.

Halton Pool and Spa, who had already locked up second place in Division II and Milton Colour who had a lock on the cellar met in Thursday's action at Omagh. A no contest game with both teams playing for fun had Milton Colour coming up as 28-13 winners.

Halton Pool experimented with several different pitchers and infielders while the Sounders practiced their T-Ball by trying to hit the holes. They did something right as they won their second in a row for the first time this season.



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