

Cummings Athletics at Cape Henry Racquet Club

VERBAL INSTRUCTION

*Extended and repeated verbal instructions just don't cut it. In fact, a study concluded that the **average adult in the United States has an attention span of only about 15 seconds**. And, we all know that children have shorter attention spans than that.*

Who's talking? - In a normal school setting, it's said that the best teachers speak at no more than 3:1 ratio over their students. In sports, however, it should be even less. Listen in to a lesson from a prospective coach and keep track. You're in for a surprise. Tennis teachers, in general, simply speak too much.

Paradox: Student Teaching and High Retention versus Verbal Instructions and Low Retention

Plato is quoted as having said, "Learning is remembering." In this regard here are the results of a study on "Learning and Retention Statistics" from the U.S. National Training Laboratory Institute for Applied Behavioral Science. The study concluded that people retain:

- 5% of what they hear in a lecture
- 10% of what they read
- 20% of what they experience audio-visually
- 30% of what they see demonstrated
- 50% when involved in a discussion group
- 75% of what they personally practice
- 90% of what they teach others and immediately use in real situations

Studies show that players who discover their own needs are much more motivated to improve and work on their short-comings than others who are simply told what they need to improve.

Information from above came from Joe Dinoffer www.uncourtsoffcourt.com

“Efficiently designed athletic practice sessions are usually more effective when the coach gets the athlete to do what they need to do without telling them to do it” – Darryl Cummings