**Correct Errors**

Practice alone is not enough to learn a skill correctly. For practice to be productive, you must provide your athletes with two types of information to correct errors:

1. how the completed performance compared with desired performance
2. how to change an incorrect performance to more closely approximate the desired performance

Errors can be of two types: learning errors and performance errors.

**Learning Errors**

are ones that occur because athletes don´t know how to perform a skill; that is, they have not yet developed the correct motor program.

**Performance Errors**

are made athletes because they made a mistake in executing what they know. This mistake may be caused by lack of attention or motivation or by psychological problem of some type.

The process of helping your athletes correct errors begins with your observing and evaluating their performances to determinate if the mistakes are learning or performance errors.

For **performance errors** you need to look for the reasons that your athletes are not performing as well as they know how.

If the mistakes are **learning errors**, then you need to help them learn the skill. There is no substitute for knowing skills well in correcting learning errors. The better you understand a skill – not only how it is done correctly but what causes learning errors – the more helpful you will be in correcting mistakes. Experience is the most common way to learn to correct errors, but you can expedite the slow process of learning by experience through the study of sport biomechanics and motor learning, as well as detailed study of sports. The use of videotapes to help you observe your athletes more carefully can be also be great help.

One of the most common teaching mistakes is to provide inaccurate feedback and advice on how to correct errors. Don´t rush into error correction; wrong feedback or poor advice will hurt the learning process more than no feedback or advice. If you uncertain about the case of the problem or how to correct it, continue to observe and analyze until you are more sure. As a rule, you should look to see repeated several times before attempting to correct it.

**A positive approach to correct errors** – It is real challenge to stay positive when your athletes repeatedly perform a skill incorrectly or lack enthusiasm for learning. Please know that it is normal to get frustrated at times when teaching skill. Mistakes tell you the progress your students are making in the learning process. Root out errors with patience and enthusiastically help your students correct them.

