

## 'Learning' Element of the PETTLEP Model

### Novice vs. Expert Video Clip Differences- Answers

The learning element of the PETTLEP model states that the imagery content should change with learning and practice. As a result, the content of a novice athlete's image of a skill should differ from an expert's image of the same skill to reflect each athlete's current stage of learning. When observing the video clips of a hockey hit performed by a novice and expert, what differences can you identify when comparing the two?

#### Novice technique

- ✗ Bending at the waist
- ✗ Short backswing
- ✗ Cocked wrists which meant the stick head remains more closed during the backswing leading to stick head being slightly more closed when making contact with the ball- not clean contact
- ✗ Swing rotates around the body
- ✗ Weaker wrist and flexed elbows during the swing phase
- ✗ Back foot too far from ball so stretching to make contact
- ✗ Over rotation round the waist
- ✗ Ball is hit between the feet and the left leg is further away creating a more open body stance
- ✗ Not as solid stance encouraging unwelcome transferring of body weight
- ✗ More staggered motion at different speeds
- ✗ Stick whipped round in follow through
- ✗ Follow through wraps around the body
- ✗ The step pattern leading into swing involves a crossover of feet in which the right foot planted in front of left leg rotating the torso away from the ball

#### Expert technique

- ✓ Bending at the knees
- ✓ Nice high backswing to generate more power
- ✓ Firm wrists, stick head opens as swing moves upwards in backwards phase and follow through (i.e. stick head should point to ceiling when at 90 degrees of backswing and follow-through)
- ✓ Swings downwards and through the body- more pendulum like
- ✓ Strong wrists and straight elbows during the swing phase
- ✓ Feet a good distance from the ball
- ✓ Hitting round the front knee
- ✓ Ball is hit ahead of the front knee and the body is in the closed position
- ✓ Solid stance to generate force from the legs
- ✓ Smooth fluid motion
- ✓ Smooth controlled follow through
- ✓ Follow through points in the direction of where the ball wants to end up
- ✓ The step pattern leading into swing involves a crossover of feet in which the right foot planted behind the left leg to maintain side on positioning to the ball

## **Altering Imagery to Accommodate Stage of Learning**

**When a novice hockey player is learning to perform a hockey hit, what sort of characteristics could they incorporate into their image of that skill?**

While the individual is still learning the correct technique they will need to focus on different aspects of the movement which are not yet completely mastered or second nature. For example, they may need to focus on seeing the ball in the correct position in relation to the body, feeling the smooth swing action, or the correct position of wrists. To prevent information overload, this may need to be broken down into different steps. For example the individual may first focus on the correct position of the wrists and once this is successfully incorporated into the image, add in the smooth swing action of the wrists.

**Once the individual begins to improve the skill, how should imagery of that skill be altered?**

The imagery should change to mirror that of physical performance. Consequently the imagery content should be modified to incorporate these characteristics. This can include the individual 'chunking' information together into fewer elements to reflect their greater understanding of the skill. For example the correct position of the wrists and smooth swing action may be grouped together as one element to be incorporated into the image. Additionally the individual may modify existing elements such as including a more powerful swing or quicker backswing.

**When the individual becomes and expert and can correctly perform the hockey hit, what sort of additional characteristics might they incorporate into their image?**

Once the skill is successfully mastered, the individual may not necessarily have to focus on specific elements of executing the skill as these have become second nature. Consequently the image could incorporate other factors or focus on other elements of the image rather than just the hitting technique. This could include things such as positions of teammates or the goalkeeper during a shot on goal.