

Adapting Sports Skills to Match Development Levels

Task: Imagine that you are a coach of the group of athletes whose ages and sport are indicated on the chart below. Fill in as much information as possible about how you would endeavor to teach the sport skills indicated based on the appropriate age levels.

In each case indicate how you would address the four developmental area - physical, cognitive, motor/skills, and social and modify the instruction so it is appropriate for the age level below.

Sport Skill	Age Level	Modification
Hitting a baseball	Level 1 (Under 5 years)	
Kicking a soccer ball	Level 1 (under 5 years)	
Heading a soccer ball	Level 2 (5-7 years)	
Passing a hockey puck	Level 2 (5-7 years)	

Executing a cartwheel in gymnastics	Level 3 (7-9 years)	
Tossing a "spiral" pass in football	Level 3 (7-9 years)	
Executing a jump shot in basketball	Level 4 (9-11 years)	
Executing a sand-trap shot in golf	Level 4 (9-11 years)	
Hitting a forehand in tennis	Level 3 (7-9 years)	