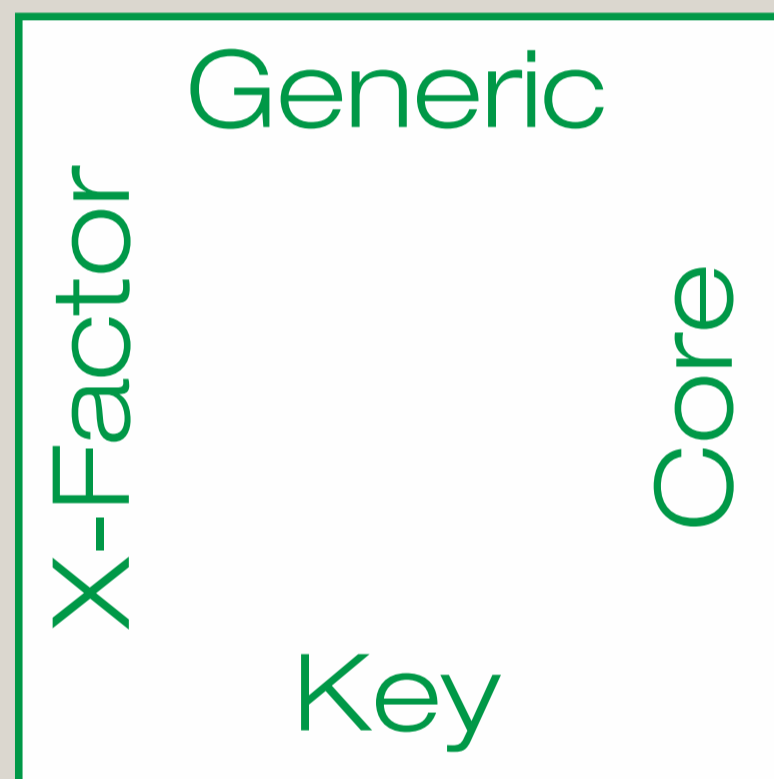


4 Types Of Sporting Skills

Skills can be grouped into 4 types, with them being Generic, Core, Key and X-Factor Skills

The Generic Skills are the non-descriptive skills that describes the basics of a sport, such as, push, trap, hit, catch and pass, but they don't describe any specific skill or technique

The X-Factor Skills are the skills, that will generally revolve around the hand-eye or feet-eye coordination and when you see them you generally go wow



The Core Skills and Techniques are the ones of a sport which create a solid foundation and there will be about 7 to 8 of them and they create a hub which all the other skills are built out from

The Key skills, Techniques and Tactics are the ones which allows the players to become both efficient and effective at what they do, and there will be about 50 to 70 of them depending on the sport

To become a top performing athlete, the Core and Key Skills will make up 95% of a player's game, with the X-Factor Skills being used to break open a game

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