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led approach to coaching association football: The role of perceptual information and the acquisition of co-ordination
15 Identifying constraints on children with movement difficulties: Implications for pedagogues and clinicians
16 Augmenting golf practice through the manipulation of physical and informational constraints;
17 Skill acquisition in dynamic ball sports: Monitoring and controlling action-effects;
18 A constraints-based training intervention in boxing;
19 Researching co-ordination skill;
20 Skill acquisition in tennis: Equipping learners for success; Index

Sommario/riassunto

Motor Learning in Practice explores the fundamental processes of motor learning and skill acquisition in sport, and explains how a constraints-led approach can be used to design more effective learning environments for sports practice and performance. Drawing on ecological psychology, the book examines the interaction of personal, environmental and task-specific constraints in the development of motor skills, and then demonstrates how an understanding of those constraints can be applied in a wide range of specific sports and physical activities. The first section of the book
