



TEACHING TACTICS: THE IDEA METHOD

THE ONE WE CALLED TELL, SHOW, DO

The IDEA Method is great for teaching the technical skills of any sport, especially new skills, drills, or concepts. The IDEA Method provides a framework from which the coach can build on and can be easy to remember if you just realize you are teaching an IDEA to the players:

I - Introduce the skill: Announce the skill to the players and make sure they know what it's called, what your teaching and what is going on.

D - Demonstrate Skill: Take a moment to demonstrate the skill yourself or get a player on the team you demonstrate the skill or drill that is being taught. Don't worry about being perfect – just be sure you are offering players the chance to see what is being asked of them – even if you have pull up an example on your cell phone – be sure they see a demonstration.

E - Explain Skill: Touch on the key areas of focus when your players execute the skills. Be sure to start with the most important and only hit a few items at a time. You can always tighten up or add things later on, but hit the most important things first.

A - Attend to players practicing skill: Now as you have the players practice the skill or run through the drills, be sure you are in a position to observe and give feedback to the players as they practice the skill. Remember – they are practicing the skills, so don't over correct or be negative – they are practicing and your players will need repetitions to get better at things. Last, be sure you players are in short enough lines that they are getting the most reps possible. Some drills require a few moments of rest, but if your lines are too long they won't be getting better.

