



Rapid Technique Correction in Sport

Old Way New Way[®] Learning

A coach development workshop in Holland

28 June 2008

“A single [coaching session with Olympic athletes] produced immediate and permanent technique improvement (80% or higher correct action) and full transfer of learning to competition, without the need for the customary adaptation period.” *Sport Psychologist*.

“[This] approach, enthusiastically endorsed by a growing number of coaches and sporting professionals, ...aims to put the athlete back on the right path, not within months or weeks, but possibly after one intensive session.” *Sports Coach*.

Sports Coach, 2003 Vol 25 No 4 (extract)

Australia's national sports coaching journal.

A coach development resource of the Australian Sports Commission.

“It is one of the most perplexing and frustrating obstacles any coach has to face; without warning and often without apparent reason, the athlete they are coaching goes into a form slump.”

“Hitherto excellent techniques, often carefully refined over years of hard work are lost, to be replaced by persistent and stubborn errors that refuse to respond to correction.”

“In the past, this has usually resulted in a long and destructive regime of constant repetition of skill drills aimed at driving the offending error from the athlete's repertoire. [However,] the correct technique, apparently recovered after constant practice, disappears under the pressure of competition.”

“A different approach, enthusiastically endorsed by a growing number of coaches and sporting professionals, is Old Way New Way[®] which aims to put the athlete back on the right path, not within months or weeks, but possibly after one intensive session.”

“One of the most spectacular examples of Old Way New Way's[®] success [is] cricketer Jason Gillespie [who] needed to change his bowling action ... he was able to change a major part of his bowling action in about 20 minutes.”

“Olympic [athletes], a javelin thrower and a sprinter, were in a form slump associated with technique problems ... both problems were corrected [see *Sport Psychologist* 2002, 16, 79-99].”

“While an experienced Old Way New Way[®] practitioner is needed initially, there is no reason why coaches should not quickly learn the subtleties of the method and introduce it when required.”

What is Old Way New Way[®] Learning

Sports coaches and athletes try to get it right the first time but invariably end up spending a lot of time trying to correct technique faults and bad habits that somehow develop.

Once established, habit pattern errors like technique faults are notoriously hard to correct because they actually disable learning of correct technique and slow down and can even block improvement completely. This makes an athlete uncompetitive and can lead to a career-threatening performance slump.

The typical advice to practice skill drills and train hard is usually not very effective. The athlete may appear to improve during training but repeatedly falls back to old ways under pressure of competition.

Transfer of training from skills coaching sessions and practice drills to competition is consequently poor.

Transition training, required when the athlete has to change over to a new code, new equipment, new techniques or new rules, presents similar adjustment difficulties. Old habits die hard.

Fortunately, a coaching science discovery called Old Way New Way[®] Learning offers:

- A new perspective on the transfer of training problem
- A cost-effective and user-friendly method for rapid skill and technique correction, and skill development
- A fast and practical method of sports transition training.

In 2006/2007 Old Way New Way[®] was a recommended coaching resource on the Rowing Australia website, and was described as follows:

“www.coachingwins.com This site promotes the Old Way New Way[®] method for technique correction. This method, which was developed by a South Australian and is now being picked up by coaches around the world, corrects bad habits in technique in a matter of hours rather than months. As featured in the March 2003 edition of *Sports Coach*.”

Used in Olympic and Other Sports

- Rapid Technique Correction Using Old Way New Way[®]: Two Case Studies with Olympic athletes. Y.L. Hanin, T. Korjus, P. Jouste and P. Baxter. *Sport Psychologist* 2002, 16, 79-99.
- The above research study won second prize in the 4th European Athletics Association Coaching Science Awards for excellence in sports coaching and high relevance to coach education.

- Rapid correction of start technique in an Olympic-level Swimmer: A case Study Using Old Way New Way. Hanin, Y., Malvela, M., & Hanina M. *Journal of Swimming Research*. 2004, Vol.16, pp. 11-17. American Swimming Coaches Association.
- Old Way New Way[®] sports coaching received national Australian TV coverage on ABC TV on *New Dimensions—Future*, Sept 18, 2002.
- 10 Steps To Kicking Your Bad Habit. Baxter, P & Graham, C. *Golf Australia*. June issue 2006.

Who Purchased It?

- United States Rowing Association (USA)
- Japan Amateur Rowing Association
- Rowing South Australia (Australia)
- South Australian Rowing (Australia)
- Roeivereniging De Where (Holland)
- St Catherines Rowing Club (Canada)
- Rowing World Australia (Australia)
- RowSkills.com (USA)
- Professional Golfers Association (USA)
- Professional Golfers Association of Australia
- Australian Golf Teachers Federation (Australia)
- Golf Queensland (Australia)
- Asian Canadian Golf Academy (Canada)
- JK Golf GmbH (Germany)
- Swedish Golf Team (Sweden)
- Research Institute for Olympic Sports (Finland)
- Australian Institute of Sport (Australia)
- New Zealand Academy of Sport, North (New Zealand)
- Queensland Academy of Sport (Australia)
- Queensland Softball Association Inc. (Australia)
- Army Marksmanship Unit (USA)
- Commonwealth Bank Cricket Academy (Australia)
- Finnish Swimming Association (Finland)
- Hong Kong Tennis Association
- Lonestar Basketball Academy (USA)
- New South Wales Baseball League Inc. (Australia)
- New South Wales Bowls Coach
- Royal New South Wales Bowling Association (Australia)

- Smash Tennis and Sports Academy (Belgium)
- United States Lawn Bowls Association Instruction Chair (USA)

Coach Development Workshop

- Day workshop (10h00 to 17h00) for new and experienced coaches. Maximum group size 15.
- Background explanation and demonstrations in the morning; hands-on supervised practise in using the method in the afternoon. The emphasis is on more action; less talk—"less pain; more gain." Language is English.
- Individualised post-workshop implementation support for every participant.
- By the end of the training day, participants should have learned enough to be able to start using Old Way New Way[®] skill correction as part of their coaching tool kit.
- €45 per person payable to gironumber 3505730 of "Purm. Roeiver. De Where" with reference to "coach workshop".
- Simple lunch included.

Workshop Organiser & Venue

Frans Nederhof.

Purmerender Roeivereniging De Where.

Rowing Club: Wheredijk 90, 1443 Purmerend, The Netherlands.

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Workshop Presenter



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