

Retrieval Techniques

Research has proven that people learn more effectively when given the opportunity to discuss their findings and/or learnings.

It has also been proven through extensive research that when people *start to forget* and are then given the opportunity to *recall* or *retrieve* information, learning is enhanced.

How does this information influence your teaching and/or coaching?

If players learn more effectively after they *start to forget*, how might you as a coach integrate techniques that support *retrieval* or *recall*?

1. Engaging in a *review* is a technique that supports recall. After the end of a practice or game, ask players about a particular *Action, Concept &/or Style of Play* that was previously taught. The *Action, Concept &/or Style of Play* may have been taught earlier that same day or perhaps it was taught in the previous session or perhaps even a couple of sessions or more ago.

It is imperative that you give players ample time to recall on their own as opposed to giving the answers to them. If you are in the habit of providing the answers to the players, they will not have to engage in thought (recall), therefore, effective learning is compromised.

2. Let players start to run a warm-up or drill—*after*, of course, you have taught effective warm-up activities & drills—perhaps players can lead in a ball handling activity. When players are given the opportunity to lead or be self-directed, their recall soars which then results in greater learning.
3. At an unexpected time in practice, ask a player (or players) to share or model a particular Action—this surprise recall technique is fantastic for players to be able to recall quickly without preparation time. Having the ability to think quickly while under a little pressure (peer pressure) is a tremendous growth opportunity.
4. During a pre-brief, ask players to come up with *Actions, Concepts* or *Style of Play* that have been missing in their game. This provides players with the opportunity to recall what's missing (again, only those Actions you have already taught).
5. Implementing purposeful recall techniques is transformational for player development. Remember, do your utmost to avoid giving players all the answers—provide players with the opportunity to recall on their own.

There are several additional recall techniques you can implement—be creative and come up with a few of your own.