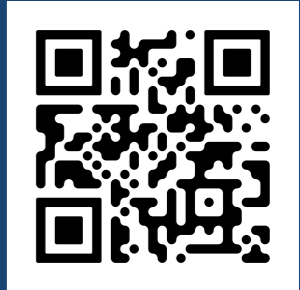


Making learning memorable

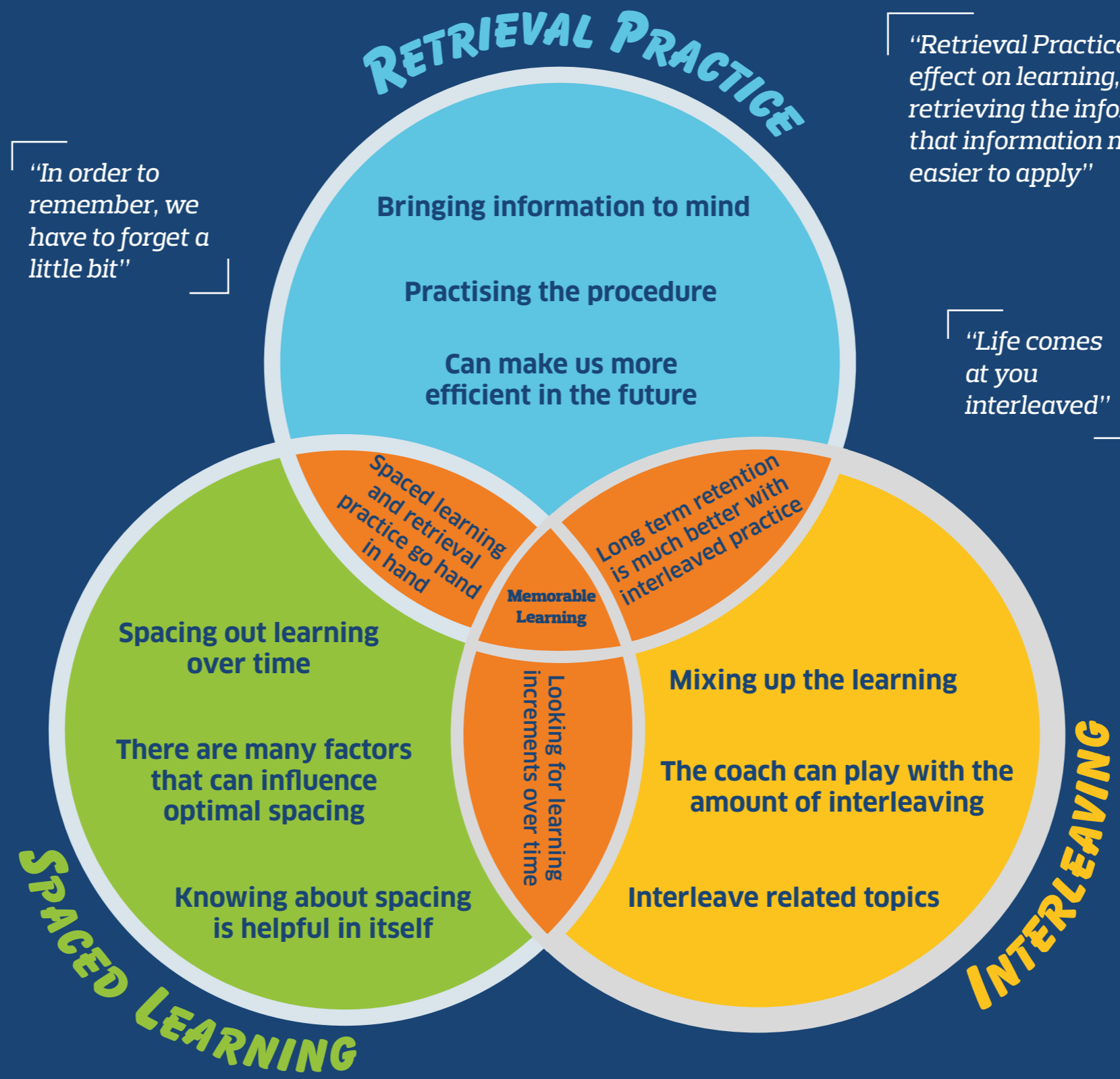
with Megan Sumeracki



CONSIDER
Does your practice design over the short, long and medium term allow you to bring these learning principles to life?

REFLECT
Think about your experiences of learning as a coach. Can you identify how effective these principles have been in your own learning?

"Knowing about spacing and that it forces us to struggle can be helpful"



HAVE A GO
When designing your next individual or block of linked coaching sessions, can you apply some of the learning principles to your practice design?

"In a games-based approach, you might not see everything you want to see organically, so you might have to isolate and manufacture specific skills"