

TARGET definition

Task

The tasks participants engage in and are challenged with.

Authority

The extent to which power is shared

Recognition

Who is recognised for what and why

Grouping

How participants are grouped together or apart in training and competition

Evaluation

How performance is measured and referenced by the coach

Timing

How much time is placed on learning and performance

Tactics

Give participants the choice of a variety of tasks with different levels of challenge so they can select what is appropriate for their ability

Allow and encourage participants to be involved in the decisions that are made and create opportunities for leadership

Recognising individual progress and effort. Provide specific feedback (rather than general praise) linked to individual performance

Provide flexible grouping opportunities for participants to select from such as individual small or large groups

Encourage participants to self-evaluate against individual goals based on effort, progress and learning

Include participants in the development of training programmes and timings whilst recognising that individuals learn at difference rates