



"Building your Athletic & Fitness Facility from the Bottom Up!"
Design - Equipment - Flooring - Bands - Consulting

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TEACHING PRINCIPLES - LEARNING PRINCIPLES

	FOUNDATION	CATALYST	ACTIVIST	MULTIPLE STIMULI
	PRINCIPLES	TEACHERS Responsibility	LEARNERS Responsibility	METHODOLOGY MEANINGFUL EXPERIENCES
1	VISION	Show	Seeing & Perceiving	Of Others and Themselves How much VIDEO do you use?
2	AUDITORY	Tell	Listening & Hearing	Meaningful Verbalization by Learner Can they Teach it?
3	TACTILE	Demonstrate	Trying & Feeling	Whole To Part Part To Whole Quick Not Fast Slow Motion Not Full Speed Powerful Not Weak
4	EXECUTION	Creation of Situations	Meaningful Reps	Perfect Reps Not Reps for Reps Sake 5000 Reps to Cure a Bad Habit
5	TEST	Methods (multi-dimensional)	Meaningful Responses	Written Verbal Visual
6	EVALUATE	Meaningful (test & responses)	Areas of Weakness	Improper Results Require a New Vision
7	REDO	Adjust (approach)	Adjust Response	Do Something Different If you always do what you always did, you'll always get what you always got

ARE WE EMBRACING OUR PROBLEMS, OR SOLVING THEM?

"COACHING IS TEACHING AT IT'S BEST" *Bo Schembechler*

"LEARNING IS WHAT WE DO AFTER WE KNOW IT ALL" *Coach Wooden*

TEACHING NEEDS TO BE LEARNER ORIENTED

GOALS NEED TO BE ESTABLISHED AND TAUGHT TOO. WRITTEN GOALS ARE ACCOMPLISHED 60% OF THE TIME, VERSUS NON-WRITTEN

IF IT CAN BE DONE, IT CAN BE TAUGHT !

TEACH LIKE YOUR HAIR'S ON FIRE. LEARN LIKE YOUR HAIR'S ON FIRE

