## Planning Guidelines for Part, Progressive Part, or Whole Practice

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| **Part Practice** | • A complex skill is broken down into distinct parts that are practised separately | • Breaking down the attack into its component parts of approach and arm-swing. | • Skills that involve some risk in the early stage of learning  
• The parts are performed relatively independently of each other in the real skill  
• Serial tasks of long duration where errors in one part do not affect the actions in the parts that follow  
• Slow serial tasks where the parts do not affect each other | • The interaction between each part is high  
• An error made or a change happening in one part affects the actions in the part that follows  
• Discrete skills that are short, are performed fast, or involve balls or objects on a trajectory  
• Coordination of different parts of the body is important (hand and foot motion)  
• Continuous skills |
| **Progressive Part Practice** | • Parts of a skill are gradually integrated into larger blocks that come progressively closer to the real, whole action | • 1. Pass  
2. Pass-Set  
3. Pass-Set-Hit  
4. Pass-Set-Hit-Block etc. | • The task has parts that interact with one another, and adjustments may be necessary as a result of events that occurred in a previous part  
• The learner has reached a stage where linking actions in a complex skill no longer poses safety risks | • The learner cannot yet link critical parts or actions in a complex skill, and this poses safety risks |
| **Whole Practice** | • The learner practises all parts of the skill in the right order from the outset | • Attacking  
• Passing a serve  
• Game like situations | • Continuous skills  
• Discrete skills that must be performed rapidly, and in which various parts of the body are involved  
• Coordination of different parts of the body is important (hand and foot motion) | • The learner cannot yet link critical parts or actions in a complex skill, and this poses safety risks |

Inspired by Coaching Association of Volleyball. [www.coach.ca](http://www.coach.ca)