**AMS Types of Practice**

Please don’t be confused with methods of manipulating a skill practice. We are now looking at the methods of organising a practice. Hopefully you can develop your understanding of the difference through the videos.

So for this you need to explain the type of practice.

Explain when the practice is best used:

Identify the disadvantages of the practice type.

Again think of examples in your own sport. This will go a long way to helping you visualise the activity.