

# Training Principle Checklist



1. **SPECIFIC** – clear parameters and clear instructions for practice



2. **GRADED** – working at the maximum of someone's ability, with a plan for increasing the level of challenge (e.g. increased distance, speed, repetitions, resistance, movement complexity)



3. **ACTIVE** – set up so the person can practice actively (e.g. reduce friction, reduce gravity, use adjuncts)



4. **REPETITIVE** – set an achievable but challenging target for number of repetitions; build on this each time.



5. **EXTERNAL FOCUS** – use external prompts like a target or reference point



6. **VARIABLE** – build in some variability (different planes of movement, different objects)

Discuss neuroplasticity info sheet. Issue record sheet for self directed practice.

How **important** is it that you are able to [insert short term goal]?

How **confident** do you feel that you will achieve that goal?

How **likely** is it that you will practice these activities/exercises in the next [add timeframe – day / week]?

