Developing Decision Making Skills: Virtually and in Reality

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There is an ever-expanding array of coaching advice on how to best develop player decision making skill. Contemporary approaches in a high performance setting often involve a combination of on and off-field methods as the use of technological applications (like XR technology) to support the on-field coaching process become more ubiquitous. While many technologies purport to be a valuable addition to coaching, empirical evidence to support these claims is often lacking. Similarly, on field training approaches can equally suffer from a lack of theoretical or empirical support. Consequently, this presentation will consider a range of decision-making training approaches through the lens of representative learning design and highlight the key features that are necessary to ensure transfer of decision-making practice to performance.