



What Walt Disney Can Teach Coaches About Skill Development

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Walt Disney was a pioneer of animation creating a remarkable array of movies and characters that are still loved today. He famously crafted an eight-page letter detailing his vision for how to enhance the skills of his animators, which is what is drawn on in this presentation. A key element of his letter was the need to develop a system to ensure training enhancement. In the sports coaching domain we also need to follow a system to develop athletes skills. While skill acquisition literature provides a range of principles that guide effective skill development, it is suggested the SPORT (i.e., Specificity, Progression, Overload, Reversibility, Tedium) periodisation framework can provide a useful structure for the longitudinal skill monitoring and development of athletes (Farrow & Robertson, 2016). This presentation will detail the SPORT framework and provide practical examples of how each element can be applied to context of athlete skill development to ensure appropriate translation to the high-performance sport setting.