

### Types of feedback

Once the environment is established in which skiers can receive feedback the coach can start to provide it in a format most suited to the performer. This article is an introduction to the subject.

The type of feedback used depends on *when*, *where* and *how* the information is created and received. At this point it's probably useful to have some definitions:

- **Concurrent feedback** refers to information available and processed *during* the performance.
- **Terminal feedback** is information received by the performer at the *end* of or after a performance.
- **Internal feedback** arises during the performance through the skier's senses such as vision, hearing and 'feel' of the movement.
- **External feedback** refers to information which arises outside the performer, from "viewing" sources including the coach and video. It is often edited or modified en-route to the skier and is therefore frequently described as being augmented.

These sources of information can be, and are combined. To give a specific example **Concurrent Internal Direct** feedback is often the most powerful form. Though, to make best use of it, skiers may need help in learning to 'listen to their bodies' when performing. This type of feedback is sometimes referred to as **CID** [think of Sid].

Of course the coach can also be part of the process, helping to focus and direct the skier with **Terminal External Augmented** feedback at the end of the performance. This is sometimes referred to as **TEA**

Skilful coaches use **TEA** to develop, refine and enhance the skier's **CID**.

However when using TEA remember that Coach-provided feedback is more powerful when the *skier* gets to express what they have felt *before* receiving further information. So it's helpful if all coaches know about **PAT**!

- **Pause** as your skier approaches you
- **Ask** them to report what they noticed during the run (their CID) and *then*
- **Tell** what you saw. This should be factual information rather than judgements.

Here is a summary of feedback sources:

Feedback sources		
When?	Concurrent	Terminal
Where?	Internal	External
How?	Direct	Augmented
Known as	<b>CID</b>	<b>TEA</b>
Provided by	The skier's senses	The coach

Good coaching relies on skiers receiving appropriate feedback so, whilst you may favour one type of feedback more than another, it is important that you can modify how you give it. Discussing the usefulness of feedback types with your skier can be part of the coaching “negotiation”, giving a range of inputs to your skier to maintain their interest.

So next time you are coaching, have a go at inviting PAT to TEA with CID.

*Richard Barbour edited the UK Snowsports Development Coaches course resources. This article is developed from some of those resources and work by John Shedden. It was published in The Piste, the magazine of Snowsport England in January 2012. For more information about UK Snowsports courses see [www.uksnowsports.co.uk](http://www.uksnowsports.co.uk).*