### Planning Guidelines for Massed or Distributed Practice

<table>
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<th>Type of Practice</th>
<th>Definition</th>
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<th>Most Effective For or When …</th>
<th>Not Recommended For or When …</th>
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| Massed Practice  | ❑ An approach to practice in which a given task or movement is repeated many times in a row without pauses or rest  
❑ where the pauses or the rest between each repetition are **short** compared to the duration of the actual task or movement itself | ❑ Setting or forearm passing the ball back and forth for a 3 minute period  
❑ Attacking 10 balls in a row without rest | ❑ Discrete skills or tasks that are very short (and where movements are therefore performed rapidly), in particular during the acquisition phase  
(Note: in some cases, such as throwing, some rest between repetitions may be necessary to avoid injuries)  
❑ During the acquisition and consolidation stages of skill development  
❑ The duration of the practice is set (e.g. facility is available for one hour) and lots of repetitions are needed  
❑ The energy requirements of the task are not too high  
❑ The activity or the task performed poses little risk | ❑ Continuous or serial skills or tasks that require a lot of speed or coordination and where fatigue can build up and affect the quality of execution  
❑ Fatigue developing during the session increases the risk of accident or injury, particularly toward the end of the practice |
| Distributed Practice | ❑ An approach to practice in which the pauses or the rest following each repetition of a task or movement are **long** compared to the duration of the actual task or movement itself | ❑ Attacking drill that has game-like or longer rest periods, or includes other skills in between attacks | ❑ Continuous or serial skills or tasks that require a lot of speed or coordination, and where fatigue can build up and affect the quality of execution or increase the risk of accident or injury |