

Action Capabilities: Facilitating Skilled Performance

Dr Alan Dunton

Alan.Dunton@MTU.ie

 @AlanDunton
 @MSAIreland



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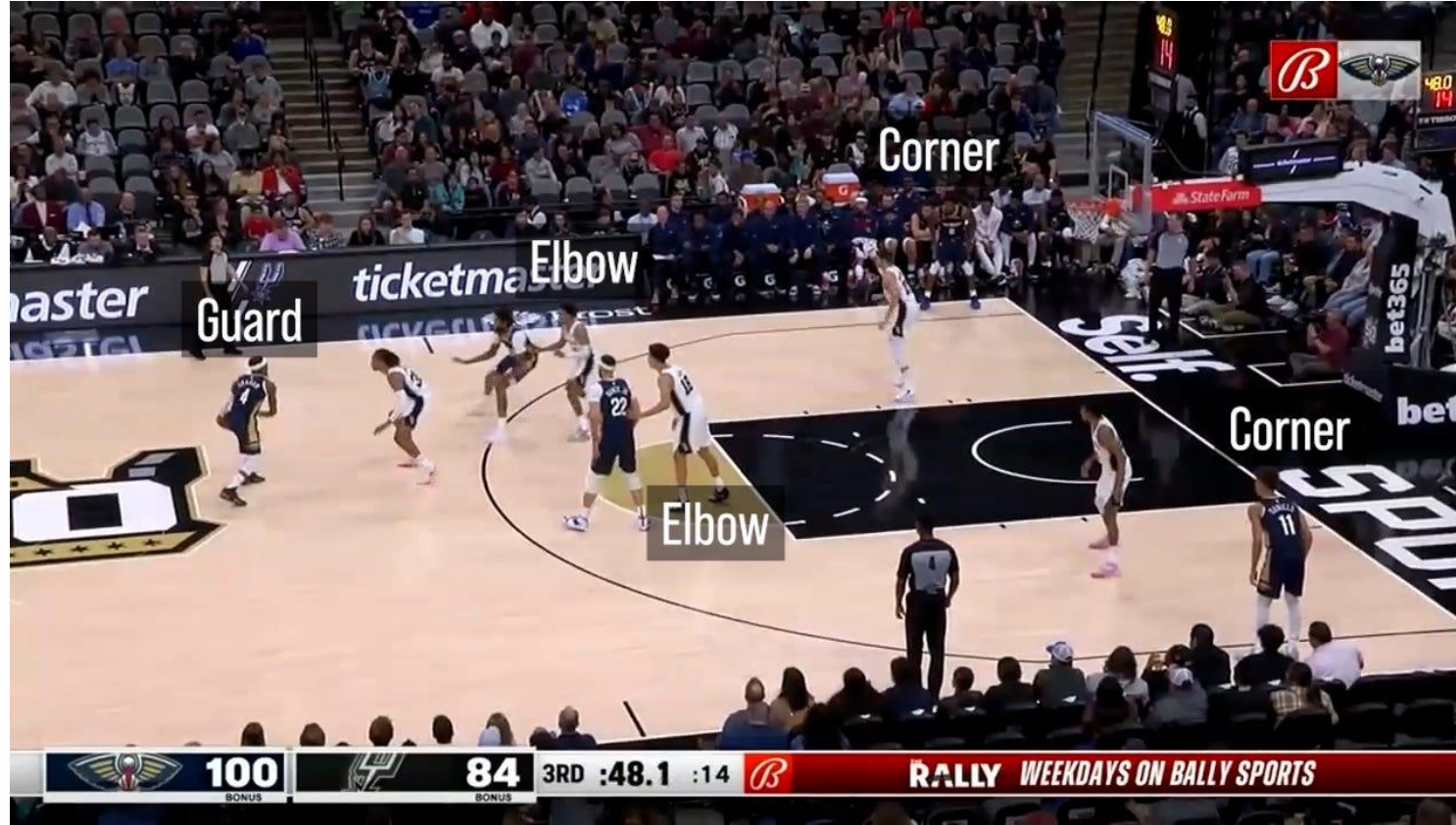
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**Strength Integrated
Physical Prep**


Perception in Sport



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Tactical Set Ups & Player Perceptions

Affordances



Affordances are Opportunities or Invitations for Action



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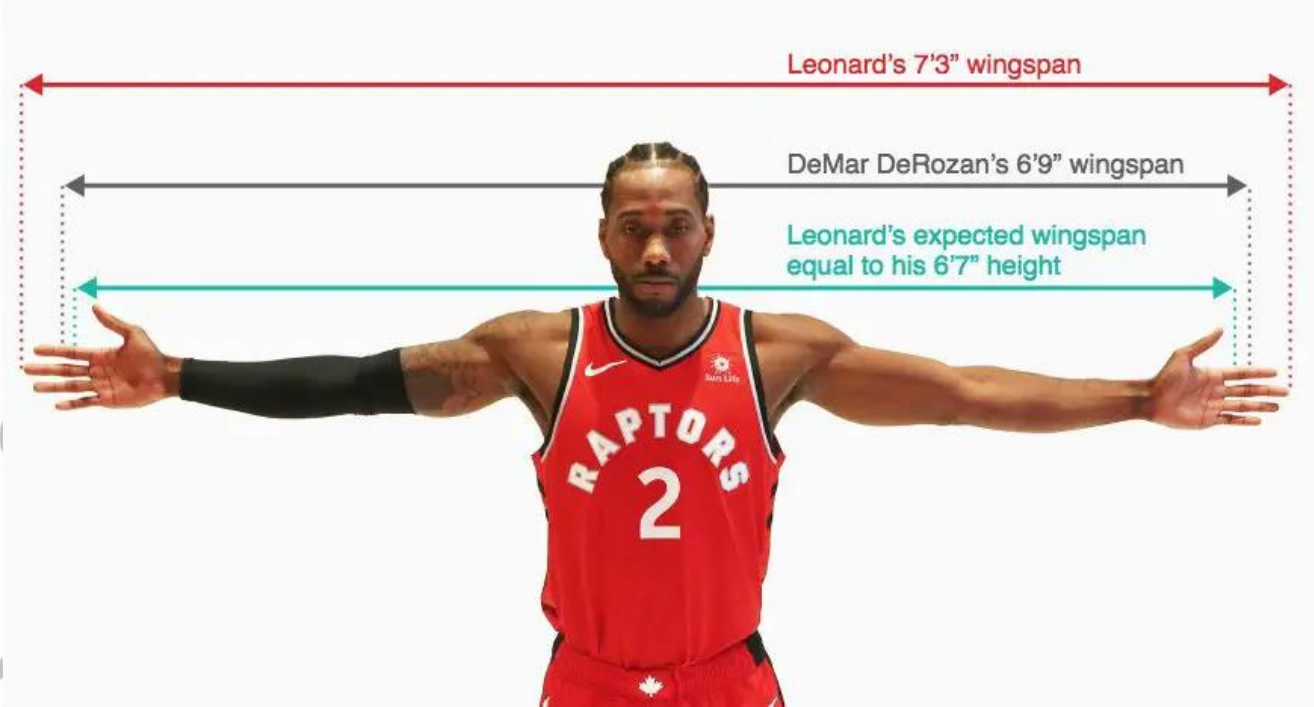
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Affordances

Body-Scaled Affordances

Action-Scaled Affordances



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Action-Scaled Affordances

Strength....

Speed....

Change of Direction...

Muscular Endurance....

Anaerobic Endurance....

Power....



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Application is Knowledge





Action Capabilities Can Facilitate Skill but we have to Provide Context



**Does the NBA
Combine & Similar
Tests Provide the
Full Picture?**

Agility vs Change of Direction

Agility and Change-of-Direction Speed are Independent Skills: Implications for Training for Agility in Invasion Sports

Warren B. Young¹, Brian Dawson² and Greg J. Henry²

¹School of Health Sciences, Federation University Australia, Australia

E-mail: w.young@federation.edu.au

²School of Sport Science, Exercise and Health, University of Western Australia, Australia.

CHAPTER 7

Perceiving the intentions of others: how do skilled performers make anticipation judgments?

A. Mark Williams*

Kadlec *et al. Sports Medicine - Open* (2023) 9:22
<https://doi.org/10.1186/s40798-023-00566-8>

Sports Medicine - Open

REVIEW ARTICLE

Open Access

Training for “Worst-Case” Scenarios in Sidestepping: Unifying Strength and Conditioning and Perception–Action Approaches

Daniel Kadlec^{1*}, Matt Miller-Dicks² and Sophia Nimphius¹



Young *et al. Sports Medicine - Open* (2021) 7:12
<https://doi.org/10.1186/s40798-021-00304-y>

Sports Medicine - Open

CURRENT OPINION

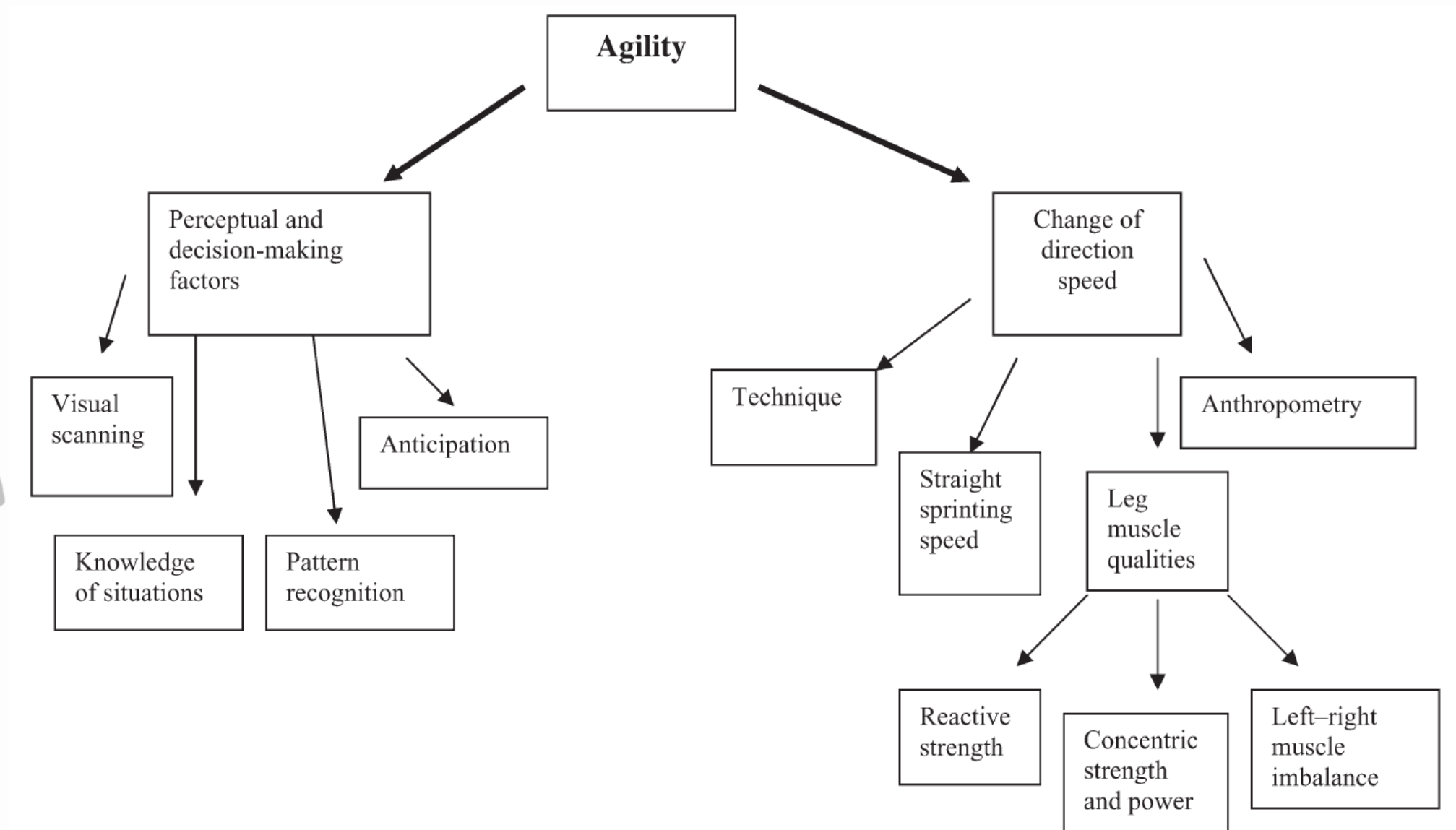
Open Access

It’s Time to Change Direction on Agility Research: a Call to Action

Warren Young^{1*}, Russell Rayner² and Scott Talpey¹



Agility vs Change of Direction





Agility Versus Change of Direction




**What Happens When
We Reduce Action
Capabilities?**

Training Under Fatigue



Research Article

Examining the effect of reduced action capabilities on defensive anticipation in a 1-vs-1 task

Ricky Wilson , David Alder, Matt Dicks & Jamie Poolton

Pages 234-241 | Accepted 13 Dec 2020, Accepted author version posted online: 15 Dec 2020, Published online: 27 Dec 2020

 Download citation

 <https://doi.org/10.1080/24733938.2020.1865561>

 Check for updates

Iberian Congress on Basketball Research, 2007, 4, 126-128. © Ammons Scientific LTD 2008
THE INFLUENCE OF FATIGUE ON DECISION MAKING IN JUNIOR BASKETBALL PLAYERS¹
PEDRO ESTEVES, DUARTE ARAÚJO, and HERMINIO BARRETO
Faculty of Human Kinetics, Technical University of Lisbon





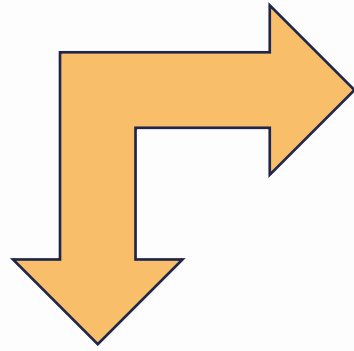
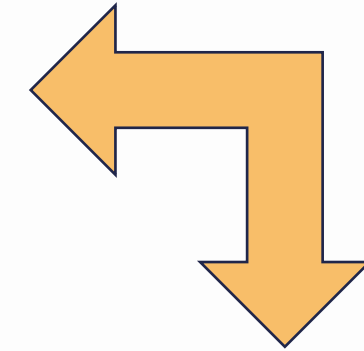
Reducing Action Capabilities for Performance



**Other Critical
Factors for Athletic
Performance**

The Four Corner Model

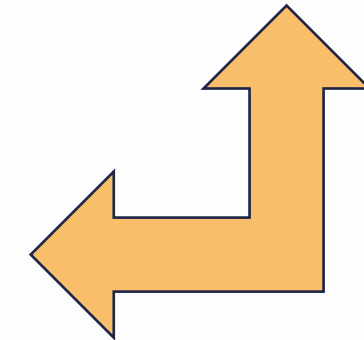
Sleep



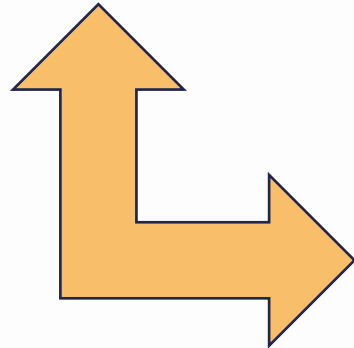
Performance

Hydration

Nutrition



Recovery



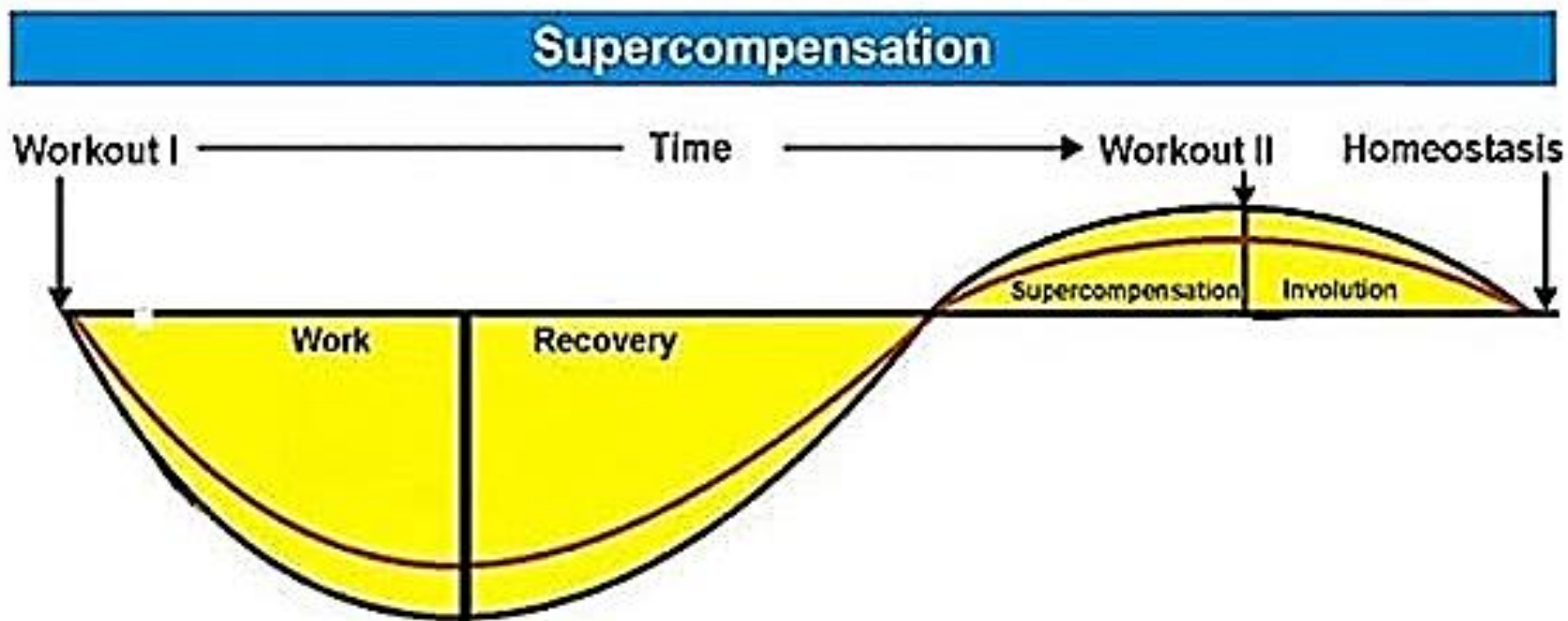
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Supercompensation

Adaption Occurs at Rest



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