

5 Techniques of

Deliberate Practice in Training

Incorporating deliberate practice into your classroom activities will help learners build and 'build on' their new skills. Here are 5 forms of deliberate practice you can incorporate right away.



Space It

01

Break up knowledge recall or skill practice with spaces of time that increase in length.



Struggle With It

02

Have learners solve specific problems that require focus and concentration.



Interleave It

Mix it up: switch back and forth between topics in a non-linear way.

03



Elaborate It

Have learners describe learning using their own words and examples.



Quiz It

Ask learners lots of questions to keep them retrieving key elements of your topic.

05

The Bottom Line

Deliberate practice is hard work because it requires learners to retrieve memories at the difficult time when it starts fading. This extra effort is what builds stronger memories.



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