

Dyspraxia

The information is provided for guidance only, allowing you to be more informed in your approach to being a more inclusive coach. No two people are the same, as such, please ensure your first step is to speak directly to the person understand their abilities and goals and never assume.



What is Dyspraxia?

Dyspraxia (also known as Developmental Coordination Disorder- DCD) is a natural variation in how the brain plans, organises, and coordinates movement.

Movement may develop at a different pace or in different ways. Dyspraxia is lifelong and varies from person to person.

People with dyspraxia often bring strengths such as:

- Determination and perseverance
- Creative problem-solving
- Motivation to participate

What You May Notice When Supporting Participants with Dyspraxia

Movement and coordination differences

Movements may appear less coordinated or take more time to learn and refine.

Learning new skills

Learning new motor skills may take longer, particularly when instructions are complex or delivered quickly.

Organisation and planning

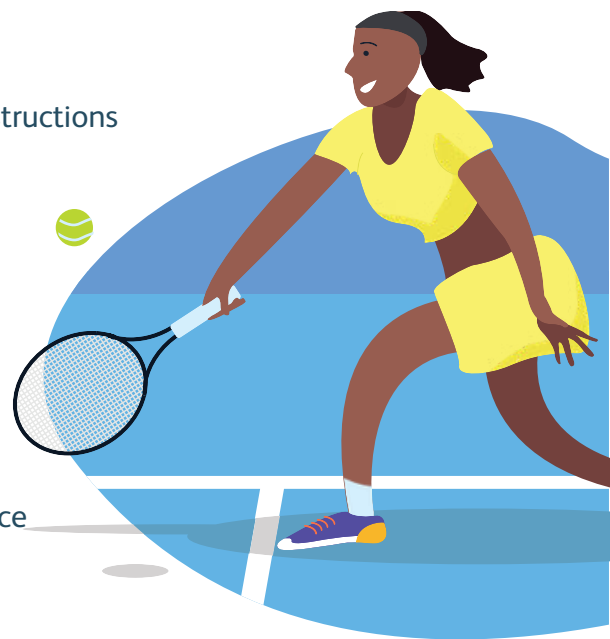
Sequencing actions (e.g. multi-step drills) or organising equipment and tasks may require support.

Balance and spatial awareness

Activities involving balance, timing, or judging space and distance may feel more challenging.

Fatigue and effort

Physical activity may require more effort, which can lead to tiredness or reduced confidence over time.



How To Include People With Dyspraxia In Your Coaching Sessions

- **Use clear, step-by-step instructions** by breaking skills into manageable parts, demonstrating actions clearly, and giving one instruction at a time.
- **Allow time for practice and repetition** by providing extra opportunities to rehearse skills, building confidence through consistency, and avoiding rushing between activities.
- **Adapt activities to support success** by modifying equipment, adjusting space or pace, simplifying tasks, and offering alternative ways to participate.
- Support **organisation and structure** by **keeping sessions predictable**, using visual markers, and clearly showing where to go and what to do.
- **Promote confidence and positive participation by recognising effort**, creating a supportive environment, allowing choice, and giving time to develop skills.

For further information and support: Please visit www.dyspraxia.ie