

Question 25 (5 marks)

Describe the stages of skill acquisition that an athlete should typically pass through when developing a skill.

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An athlete will need to break the skill down into sections first. Start with the basicest part first eg. Golf swing (learn the grip first) if this is not done the athlete's development will be slower. Once learnt the first section the athlete can begin with the next eg. feet position) as this progresses. The athlete will be able to join these sections of the skill together and should be capable of ~~etc~~ achieving the skill in full motion & under pressure.