

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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When developing a new skill, an athlete normally starts out in the cognitive stage. Here, they make a great deal of mistakes, have little control over the skill, ~~and~~ need a lot of <sup>external</sup> feedback, eg. from their coach, and get fatigued quickly. They then progress to the associative stage, where they become more consistent and accurate and are beginning to know whether the skill feels right or not. Some athletes never pass this stage, if they do, they progress to the autonomous stage where they don't have to think very hard about what they are doing, instead do it automatically, they are very consistent and don't require a lot of feedback.