

## **ADVANCED SKILL (MASTERY OF SKILL)**

“It is the ability to perform a skill consistently well at at speed, under any type of circumstances and pressure conditions in a practice or a competition environment. “

“It is the ability of an athlete to choose and perform the right technique at the right time, successfully, regularly and with a minimum of effort.”

Advance skill is based on so many factors are as fallows:

- 1. Cognitive skill (knowing):** Know and understand the vital aspect of skill and sports.
- 2. Affective behavior (feeling):** It is very important how a sportsman feel during performing any skill during competition and practice, so positive attitude is very important.
- 3. Psychomotor skill (doing):** Excellence in sport requires the execution of precise, fluent and effective movement pattern.