

## **Phase of motor skill acquisition**

Motor skill learning is the study of processes people go through as they acquire and refined motor skill. One must also consider the variables that promote or inhibit the variables that promote or inhibit the acquisition of these skill.

This process is associated with three phase:

**1. Cognitive Phase:** It involves with the identification and development of the skill. An athlete learn what is needed to perform a skill. Give attention to decisions and step by step procedure should be fallowed. Lots of thinking is needed. There is a tendency to perform the skill slowly and frequent errors occur during the learning. Requires lots feedback by coach and peer group. Allow time for practice and if needed than re demonstrate the skill. Don't overload the learner with information.

**2. Associative Phase:** Its link the component part into smooth action. In this phase refine the accuracy and consistency of the motor skill. Performer gradually gets more successful and fluent and errors become less. Learner begins to make use of intrinsic feedback. This phase is generally longer than cognitive phase. This is the phase of rapid movement. Learner perform and practice skills under a variety of situation.

**3. Autonomous Phase:** It developing the learned skill so that it becomes automatic. Some performer may only reach the autonomous phase after many years of practice other may never reach this phase. Performer analyzing on performance and adjust own actions. High level of smoothness, efficiency, accuracy and performed without stress in all situations.