

# Skill Acquisition

Ultimate Australia Development Coach Course  
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# Revision: Stages of Learning

- Cognitive (beginner stage)
- Associative (intermediate stage)
- Autonomous (advanced stage)

# Revision: Cognitive stage of learning

- First time skill performers
- Learner requires overall picture of the skill (demonstration, explanation)
- Goal is for learner to develop a plan of what to do
- Coach to provide specific feedback
- Coach careful not to teach too much

# Associative stage of learning

- Skill performance becomes more consistent
- Emphasis on quality of practice
- Learner benefits from sensory feedback (visual, kinaesthetic)
- Goal is for learner to detect own errors and make adjustments
- Coach to provide positive reinforcement

# Autonomous stage of learning

- Skill performance becomes automatic and performance is reliable
- Frees up mental capacity to adapt skill under pressure and implement tactics
- “Paralysis by analysis”
- Goal is to holistically develop skill performance

# Principles of Skill Practice

- Have players practice the right technique
- Have players practice the technique in game-like conditions as soon as they can
- Keep practices short and frequent when teaching new skills
- Ensure the players experience reasonable amounts of success
- Keep practice fun

# Learner progression

Coach observes learner to inform decision making on:

- Frequency of practice
- Volume of practice
- Whether to practice skill in parts or as a whole
- When the player should move to advanced techniques

# Pedagogy

Four interlinked elements of teaching:

- Coaching (teaching)
- Learning
- Knowledge base
- Learning environment



# Athlete Learning

Holistic approach that challenges three dualisms:

- Mind / Body
- Agency / Structure
- Individual / Social

# The focus is the learner

The focus must be on learners and learning, not on coaches and coaching