

STAGES OF MOTOR LEARNING

The following chart provides a summary of the classic Fitts and Posner Three-Stage Model of Motor Learning (1967).

Cognitive Stage	Associative Stage	Autonomous Stage
<p>Characteristics:</p> <ul style="list-style-type: none"> • I have to think about each skill cue. • I have to think about my body position. • I have to think about what my main objective is. • I'm making a lot of errors. • I feel clumsy and I'm not sure how to correct my performance. 	<p>Characteristics:</p> <ul style="list-style-type: none"> • I can anticipate my next move. • I'm not thinking about every single skill cue. • I understand my mistakes and can make adjustments to improve each performance. • I make fewer errors and feel more confident in my performance. 	<p>Characteristics:</p> <ul style="list-style-type: none"> • My skill performance feels natural and automatic. • I can think about strategy and game tactics without making performance errors. • I can combine and perform skills together. • I understand my mistakes and quickly adjust to improve my performance.
<p>Working toward the next stage:</p> <ul style="list-style-type: none"> • Focus on performing skill components correctly, with proper form. • Accept and apply feedback from coaches and teammates. • Don't give up. Every mistake moves you closer to becoming a confident player. 	<p>Working toward the next stage:</p> <ul style="list-style-type: none"> • Brush it off. If you make a mistake, correct your error and try again. • After each great performance, try to remember how it felt. Recall the effort that you used, how your body moved through space, and how you moved in relation to people and objects. • Ask for feedback. Your teammates & coaches can help you improve. 	<p>Working toward mastery:</p> <ul style="list-style-type: none"> • Relax, have fun, and allow your performance to flow through muscle memory. • Become a student of the game, combining your skills with tactical concepts. • Challenge yourself. Find opponents who test your game.