

MOTOR LEARNING FOR PERFORMANCE

WHAT IS MOTOR LEARNING?

The ability to develop a **relatively permanent change in motor skills** from novice to skilled performance **through practice or experience**

IT INVOLVES



Retention over time



Consistency

AND...



Improvement over time



Transfer between environments



PHASES OF MOTOR LEARNING



1. Cognitive

- Poor quality, stiff/rigid movement
- Overcorrection is common

2. Associative

- Refinement of movement
- Efficiency
- Less cognitive attention is needed

3. Autonomous

- Little cognitive demand
- Focus is on other skills/strategies

FOR MORE INFORMATION

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Motor Learning From Theory To Practice

Léo Pomar



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