**STAGES OF SKILL ACQUISITION**

1. **Define and outline features of the three stages of skill acquisition identified below. Refer to examples to show how a performer demonstrates movement in each stage.**
	1. **Cognitive stage**
	2. **Associative stage**
	3. **Autonomous stage**
2. **As the appointed coach of a junior sports team, how can you make sure that the feedback you provide is meaningful and accurate?**
3. **Outline some fundamental differences between the instruction of motor skills to both beginners and competent athletes.**