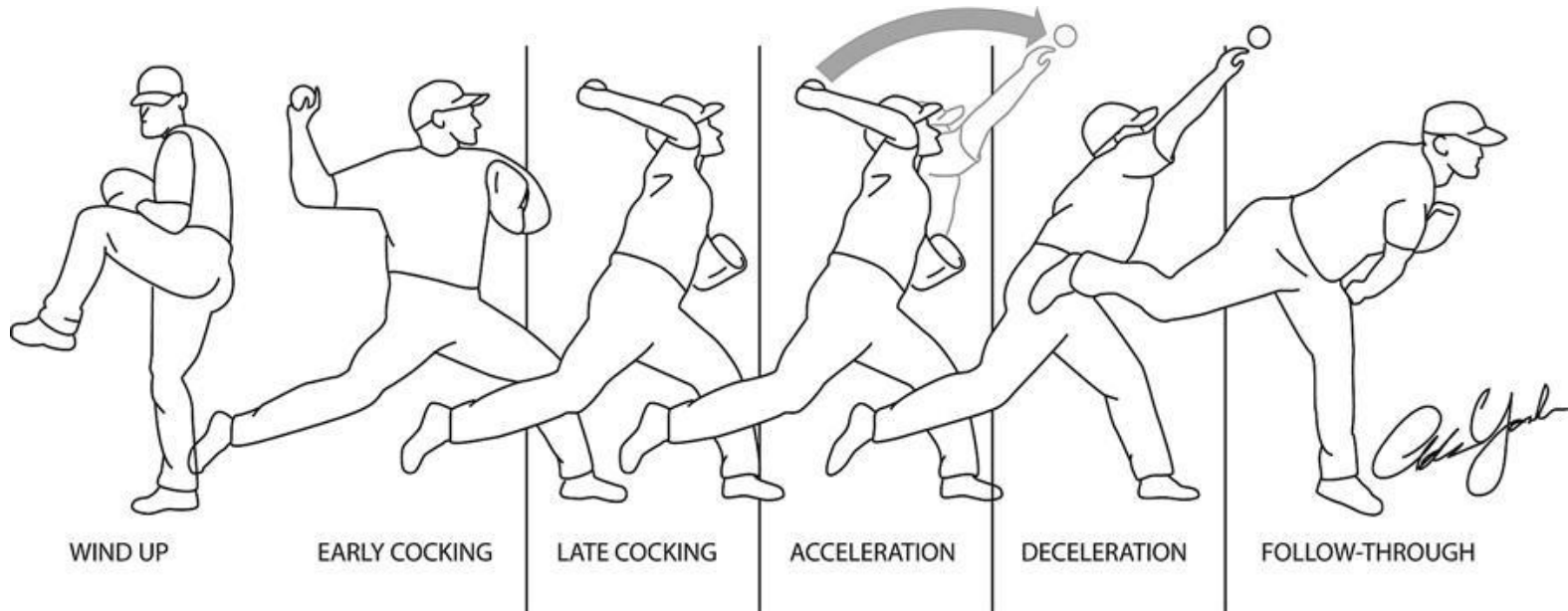


Phases of Movement



Importance of Breaking down a skill

- Need to understand how to break down a skill in order to understand skill development
- Each phase is specific and important in skill performance
- Each phase for different sports is very similar
- Each phase requires the individual to do specific movements with their body in sequence
- The timing and specific movements at each phase is very critical in order to perform the skill successfully

Preparation Phase



- In the phase the body prepares itself before the skill is performed
- This ensures the skill is performed the way that it is intended

Baseball Pitch – Execution Phase

Momentum transfers from the shoulder to the elbow, which is now fully extended.



- This phase generates momentum by applying the correct amount of force at the **CRITICAL MOMENT**

Follow-through



- This phase is the key to ACCURACY and FORCE PRODUCTION
- If the follow-through happens too early not enough power can be generated
- if the follow-through is too late, the body could become unstable and this makes it more difficult to re-engage and get ready for the next movement quickly

Skill Development

- breaking down skill acquisition into what are known as “phases of movement, allows us to compare the different attributes of basic and more advanced skills
- The instructor must evaluate the performance of the skill in terms of its three phases
- detect any errors
- Know how to modify the skill acquisition process to match the ability level of the learner

Feedback

- Important feedback about the skill/performance and how to improve based on the result of the movement skill
- Verbal feedback by an observer is the most effective type of feedback when working with athletes or individuals trying to improve skills
- Feedback should be: Positive, Specific and Constructive