



The 3 Phases of Skill Acquisition

Understanding phase-

The golf pro has showed the student and now the student is trying to make sense of it. This is where you can see big changes occur, but performance is inconsistent and unlikely to transfer to the course. A one hour lesson would be where this understanding phase starts.

Refining phase-

The student now understands the “what” and is now moving on to the “how”. The student is able to make subtle adjustments to achieve desired outcomes. This phase typically will take the longest, but after a period of effective training with the new instructions the golfer is starting to get it. Less mistakes are occurring and the golfer will begin to see performance gains on the golf course.

Habit phase-

The student now gets it! The student no longer requires a checklist of swing thoughts or internalized commands to be able to perform. After a lengthy period of effective and often **supervised practice**, the swing change becomes permanent and automatic. The golfer transfers the skill to the golf course.