



Working and Learning In Sport and Fitness

Performing Automatically

COMM

Once athletes can perform the movement-in this case the spin- with little conscious effort they have reached the autonomous stage.

David- IV

At the autonomous level you see how the skater has moved forwards and how the spin is testing the skater and the ability that they've moved from one stage to the next.

Athlete Olivia- IV

When I first started doing the spin he had to really explain it but now I get the spin and I go and try it and he just tells me what I'm doing wrong and right.

David- IV

A skater would introduce their own style going into the spin building from those foundations we would be expecting the skater to be tested in flexibility, the number of revolutions that they hold within the spin but also the variation of position.

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By this stage, the movement has become automatic and athletes require a low degree of conscious attention to perform it correctly. Now, athletes can concentrate on improving a skill rather than learning it.

David- IV

I would expect a skater at the autonomous level to be working in practice; what I have with Olivia is I give her a book and in that book she has a list of elements that she has to practice. So maybe she has to do ten upright spins, ten sit spins, ten camel spins, ten cross toe spins so she's practicing ten of the very basic positions. Then the next stage we would put a couple of the spins together to make a combination

Olivia- IV

When I started practising and practising it got better and better each day and then I had it in my routine and then it just got level marks.

David- IV

So you're working on the quality of the two positions within that spin with the consistency of the rotation, the position, the centring of the spin on the ice which all gives you really, really good marks when it comes to competitions.

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At the autonomous stage athletes can continue to refine and perfect their skills...

Olivia- IV

I want to get higher as I see most professional skaters and I want to be like one of them one day.

David- IV

You've got to keep going back to the basics so you're refining that technique and you're building and you keep going forward ...even if you may be having the worst day ever you never stop learning and I'm learning as much as the skater is.