

# The secret to skill acquisition

## Simple 3-step process to successfully adjust skills.

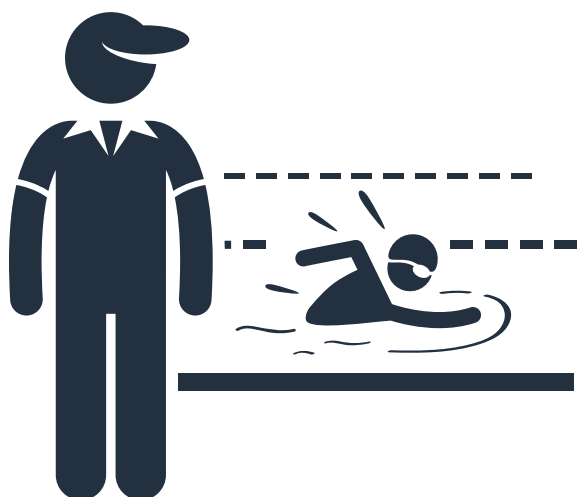
**Objectives for learning:** Swimmers learn how to execute specific skills flawlessly



### Step 1 : Test it like it's hot!

Use a variety of drills and monitor both the target and any peripheral metrics to identify the technique that delivers the desired result.

- Monitor these metrics live while doing each drill
- Test as many ways to execute the skill as you can think of
- Reflect in-the-moment when a drill goes well, to pinpoint the position and timing to watch for
- Identify which technique repeatedly gets as close to the target SMART goal as possible
- Spend 3-4 days here trying different approaches to get a feel for the ideal technique



### Step 2: Practice makes Perfect

Now that you know which technique delivers the desired results, it's time to make it muscle memory.

- Use repetitive sets that are not too difficult to complete (slower pace, more rest)
- Be hyper-focused on hitting that target SMART goal value
- Check Focus Myself results for how well the skill was executed after each practice
- Stay here for at least a week, ideally 2



### Step 3: Under Pressure

Lock that skill into muscle memory with more repetition, but this time layer on some pressure

- Again, use repetitive sets, but make them more difficult
  - faster pace, less rest, more distance, or all 3
- Be creative in making sets increase in difficulty as they go
- Monitor the target metric to ensure it's being maintained as fatigue sets in



**Once the skill is consistently hitting target during the most taxing portion of hard sets the skill is considered acquired!**



Unleash your *speed*