

Attachment A
Kalos Skill Acquisition Model

Skill{s}:

1. Identify the Dominant Movement Pattern[s] – of the 6 *DMPs*

2. Identify the Purpose of Skill[s]:

3. Identify 2 Physical Components in addition to ABCs:

a) _____

b) _____

4. Identify 2 Biomechanical Principles:

a) _____

b) _____

5. List 2 Pre-requisites:

a) _____

b) _____

6. List 2 Drills:

a) _____

b) _____

7. List 2 Progressions:

a) _____

b) _____

8. List 2 Key Words/Cues – “Mental or Thought Pictures/Cues”:

a) _____

b) _____

9. List 2 Common Errors and Corrections:

a) _____

b) _____

10. List 2 Variations:

a) _____

b) _____

11. List 1 Creative Game:

12. List 1 or 2 Transfer of Skill[s] or DMP to other Sport Skill[s]:

a) _____

b) _____