

1. Unconscious Incompetence

The first stage is Unconscious Incompetence and it simply means that you do not know what you shall do and you cannot do it.

2. Conscious Incompetence

The second stage Conscious Incompetence meaning that you know what you shall do but you cannot do it.

3. Conscious Competence

The third stage is Conscious Competence meaning you know what you shall do and you can do it with concentration.

4. Unconscious Competence

The fourth stage is Unconscious Competence meaning that you, without knowing it, can do it, at this stage of good automation and motor skill. This is the level where most of the really good golfers reach. So these are the four main learning stages. There is also a fifth stage.

5. Conscious Unconscious Competence

This is the last level that hardly anybody can expect to reach. This stage means that you for sure know that you without knowing it can do it. Yes, this is the language of sport psychology and it seems very complicated but once you start to understand about yourself and how learning works it makes sense.