

**School of Sport and Recreation**

**Department of Coaching, Health and Physical Education**

**LABORATORY PRACTICAL: FEEDBACK/INSTRUCTIONS**

Aim

* To develop an understanding of how feedback/instructions can improve performance.

Equipment

Tennis balls/Shuttle cocks, blindfolds, hoops/buckets

Method

* Students work in pairs or threes.
* One student in each group is blindfolded.
* The blindfolded individual attempts to throw a tennis ball into a hoop that is placed on the floor 3-4 meters away.
* Perform 20 attempts for each trial.
* The 2nd student provides varying amounts of feedback in each trail.

    Trial 1: no feedback (say nothing)

    Trial 2: “Yes” or “No” only (yes if it goes in & no if it misses)

    Trial 3: use positive comments only such as “Well done” & “Good Try”.

    Trial 4: provide as much feedback as possible that is specific to the task.

* Record the results for each trial.

Results

Fill in the following table

|  |  |  |  |
| --- | --- | --- | --- |
| Trial | Results for Student 1 (/10) | Results for Student 2 (/10) | Results for Student 3  (/10) |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |

Discussion

Which feedback was the most effective and why?

 