



Effectiveness of Feedback Using Motor Models on Free Throw Accuracy and Retention Rate among Female Students

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Abstract. This study aim to examines effectiveness concerning feedback based upon motor model inside of improving free throw accuracy inside of basketball plus its impact upon retention concerning skill among female student. Significance concerning this research lie inside of essential role concerning feedback inside of motor learning, particular when supported by way of accurate performance model that help learner to builds clear mental representation concerning movement execution. Experimental design were employed, involving sample concerning female student random assigned into two group. Experimental group receive feedback supported by way of motor model, including video demonstration concerning ideal plus corrected performance, while control group follow traditional instruction relying primary upon verbal explanation. Post-test were then administered to measures improvement, along alongside delayed retention test to evaluates persistence concerning learning over time. Result show statistical significant difference inside of favor concerning experimental group inside of both post-test plus retention outcome. This indicate that motor model-based feedback effective enhance performance plus support long-term skill retention. Addition, student exposed for motor model demonstrate greater ability to recognizes plus corrects error plus show deeper understanding concerning correct technique. Study recommend integrating motor modeling strategy plus technology-based feedback into sport education to accelerates learning plus improves outcome across educational context.

Keywords: Feedback, Free Throw Accuracy, Motor Learning, Motor Models, Skill Retention.

1. INTRODUCTION

Within recent year, educational process inside of field concerning sport have witness remarkable qualitative transformation due for rapid development inside of educational science, psychology, plus movement science. This have had direct impact upon nature concerning method plus approach used inside of teaching sport skill. Physical education class are no longer limited for being mere space for engaging inside of physical activity; rather, it have evolved into integrated educational system aimed at developing skill performance plus enhancing motor learning among student, through adoption concerning modern teaching method based upon scientific principle that consider learner characteristic plus skill acquisition mechanism (Hodges & Lohse, 2022).

Motor learning are considered one concerning fundamental pillar concerning teaching sport skill, as it represent process through which motor pattern is acquired plus gradual developed inside of organized manner until mastery are achieved. This process are not limited for repetition plus practice alone but fundamental depend upon quality concerning educational experience provided for learner, their ability to forms accurate motor representation concerning skill, plus nature concerning information received during performance, which contribute for

guiding their motor response plus continuous correcting their trajectory, thereby enhancing learning efficiency plus stability (Krajenbrink et al., 2021).

Within this context, feedback emerge as one concerning most important educational foundation that guide motor learning process, as it serve as tool through which learner are informed concerning their performance outcome, providing opportunity to recognizes motor error plus work upon correcting them inside of subsequent attempt. Importance concerning feedback extend beyond correction, encompassing enhancement concerning motivation, focusing attention upon key performance element, as well as accelerating learning process plus improving its accuracy, making it decisive factor inside of achieving high level concerning skill mastery (Wisniewski et al., 2020).

Upon other hand, use concerning motor model are effective educational method that contribute for building learner's motor representation, as this approach rely upon demonstrating skill performance inside of way that allow learner to perceives its technical characteristic plus movement sequence clear. Observing correct model provide visual reference against which learner can compares their actual performance alongside ideal one, helping reduce error plus improve execution quality, especial when this method are employed inside of organized plus progressive manner within educational process (Ranganathan & Newell, 2020).

Basketball are one concerning team sport that have gained wide attention inside of both educational plus sport field, as it require integration concerning physical, skillful, plus mental aspect, inside of addition for its role inside of developing motor coordination plus decision-making among student. Among its fundamental skill, free throw shooting stand out as specific performance situation requiring high level concerning concentration, accuracy, plus emotional stability, as it are performed under condition free out of direct defensive pressure, making its success high dependent upon technical efficiency plus precision. This skill demand high level concerning coordination among different body part, as well as precise control over force plus direction, making its learning plus mastery reliant upon effective teaching method that contribute for building correct performance out of early stage concerning learning while ensuring its retention over time.

Based upon researcher's experience plus field observation concerning teaching basketball skill inside of college physical education class, it have is noted that some female student face difficulty inside of mastering free throw skill. This may is attributed for reliance upon traditional teaching method that lack effective use concerning feedback or organized application concerning motor model, negative affecting learning outcome plus performance accuracy. Hence, this study emphasize importance concerning investigating effectiveness

concerning using feedback accompanied by way of motor model inside of improving accuracy concerning free throw performance, as well as examining its impact upon skill retention among female student, thereby providing practical scientific framework that can be utilized to develop physical education teaching method plus enhances skill performance inside of basketball.

Development inside of field concerning physical education require adoption concerning modern teaching method that contribute for development concerning student's motor skill learning. However, some educational program still rely heavy upon traditional method that may not provides learner alongside appropriate feedback or presents motor model inside of way that help forms clear understanding concerning skill.

Through the researcher's observation of teaching basketball shooting skills to female students, it was found that there is a relative weakness in the performance level of the free throw skill. This may be due to a low level of technical performance and suboptimal motor patterns of the skill, as well as a low retention level of the skill after the learning period, which may affect the overall performance level of the students in this game.

This could be attributed to the lack of use of modern teaching methods that rely on organized feedback and motor models, which can contribute to improving the learning process and developing skill performance.

Accordingly, the problem of the study is formulated in the following question:

Does the use of feedback with motor models affect the accuracy of free throw performance and its retention rate among female students?

The study aims to:

1. Identify the effectiveness of feedback using motor models in learning the free throw skill among female students.
2. Determine effect concerning feedback using motor model upon accuracy concerning free throw performance.

Examine effect concerning feedback using motor model upon retention rate concerning free throw skill among female student.

2. DEFINITION OF KEY TERMS

Motor Skill Learning in Sports Context

Motor skill learning are defined as relative permanent improvement inside of ability to performs movement as result concerning practice plus experience. Inside of sport, this process involve integration concerning cognitive understanding, perceptual awareness, plus coordinated physical execution. For female student learning basketball skill, motor learning

become essential inside of developing accuracy, consistency, plus efficiency inside of movement pattern, particular inside of task requiring precision such as free throw.

Modern motor learning theory highlight importance concerning internal model, which allow learner to predicts, evaluates, plus adjusts their movement based upon prior experience. Through repeated practice, learner compare expected outcome alongside actual performance, leading for continuous refinement concerning motor execution (Zhou et al., 2021). This mechanism, often referred for as error-based learning, are particular relevant inside of improving shooting accuracy inside of basketball, where small adjustment can significant influences outcome (Ueyama & Harada, 2024).

In addition, gender-specific consideration indicate that structured instruction plus clear feedback are especial beneficial for female student, as it support confidence building plus skill acquisition inside of sport learning environment.

Feedback as a Key Factor in Skill Acquisition

Feedback are wide recognized as critical element inside of motor learning. It provide learner alongside information about their performance, enabling it to corrects error plus reinforces correct movement. Feedback can is categorized into intrinsic feedback, derived out of sensory experience, plus extrinsic feedback, provided by way of external source such as coach, teacher, or instructional media. Inside of context concerning basketball free throw training, feedback help learner to understands discrepancy between intended plus actual performance. Study have shown that presence concerning structured feedback significant enhance skill acquisition compared for traditional method relying sole upon repetition (Zhou et al., 2021) (Matveev, 1998). Furthermore, recent research indicate that combining different type concerning feedback—especial visual plus verbal—lead for more effective learning outcome (Younus, 2025).

Effectiveness concerning feedback also depend upon its timing, frequency, plus form. Immediate plus specific feedback are beneficial during early learning stage, while reduced or delayed feedback may improves retention by way of encouraging independent error detection. Therefore, optimizing feedback strategy are essential for both improving performance plus ensuring long-term retention.

Motor Model-Based Feedback in Learning Free Throw Skills

Motor model-based feedback refer for use concerning visual demonstration or representation concerning ideal movement pattern to guides learner. Inside of basketball training, this often involve showing video concerning correct free throw technique or providing demonstration by way of skilled performer.

This approach are particular effective because it help learner to forms accurate mental representation concerning required movement. By way of observing correct model, student can better understands key element such as body alignment, shooting angle, coordination, plus follow-through. This visual information complement verbal instruction plus facilitate deeper learning (Adams et al., 2024).

For female student, motor model-based feedback are especial valuable because it provide clear plus concrete example that reduce ambiguity inside of instruction. Research have shown that expert modeling improve performance accuracy, while self-modeling enhance learner's ability to recognizes plus corrects their own error (Moradi et al., 2026). Inside of free throw practice, this mean student can more effective adjusts their technique plus achieves consistent shooting performance.

Moreover, motor model-based feedback promote active learning, as student engage inside of comparing their performance alongside model, leading for better cognitive processing plus skill mastery.

Technology-Enhanced Feedback in Basketball Training

Integration concerning technology inside of sport education have significant improved delivery concerning feedback. Tool such as video analysis, slow-motion playback, plus augmented reality (AR) provide detailed plus immediate visual feedback that enhance learning effectiveness.

Inside of free throw training, video-based feedback allow student to observes their shooting mechanic plus compares it alongside ideal model. This visual comparison help to identifies error inside of posture, release angle, plus coordination that may not is easy detected through verbal feedback alone. Study indicate that technology-enhanced feedback increase both performance accuracy plus learner motivation (He & Wei, 2025).

Addition, technological tool support individualized learning, enabling female student to learns at their own pace plus focus upon specific aspect concerning their performance. This personalized approach contribute for more effective skill acquisition plus greater engagement inside of learning process.

Free Throw Accuracy in Basketball

Free throw shooting are fundamental skill inside of basketball that require precision, consistency, plus concentration. As closed motor skill, it are performed inside of stable environment, allowing learner to focuses upon refining technique without external interference.

Accuracy within free throw shooting are influenced by way of several factor, including body positioning, shooting mechanic, force control, plus psychological focus. For female

student, mastering this component require systematic training supported by way of effective feedback mechanism.

Research demonstrate that instructional method incorporating visual model plus structured feedback significant improve free throw accuracy (Anggraini et al., 2024). By way of repeated observing plus practicing correct technique, student can develops consistent motor pattern that lead for higher success rate.

Retention Rate in Motor Skill Learning

Retention refer for ability to maintains learned skill over time after practice have ended. It are crucial indicator concerning effectiveness concerning learning method. Inside of context concerning this study, retention rate reflect how well female student can sustains their free throw performance after period without training.

Type concerning feedback used during learning have significant impact upon retention. Research suggest that while frequent feedback may accelerates initial learning, it may not always supports long-term retention. Conversely, feedback that encourage active processing—such as motor model-based feedback—help strengthens internal representation plus improve retention (Ueyama et al., 2022).

Motor model-based feedback enhance retention by way of providing clear visual reference that are easier to remembers plus reproduces. As result, learner are more likely to retains correct movement pattern over time, leading for stable plus lasting performance improvement.

Theoretical Implications

Based upon above theoretical framework, it can is concluded that effectiveness concerning feedback inside of motor learning are significant enhanced when it incorporate motor model plus visual representation. Inside of context concerning this study, use concerning motor model-based feedback are expected to improves free throw accuracy among female student plus increases retention rate concerning learned skill.

Therefore, this study are grounded inside of assumption that integrating motor model into feedback strategy provide more effective approach than traditional verbal instruction alone, particular inside of developing precise plus consistent motor skill such as basketball free throw.

3. RESEARCH METHODOLOGY

Researcher adopt experimental method due for its suitability for nature concerning research problem plus achieving its objective. This method are considered one concerning most precise scientific approach for studying causal relationship between variable by way of

controlling influencing factor plus examining effect concerning independent variable upon dependent variable. Experimental method are defined as research approach that rely upon deliberate manipulation concerning independent variable under controlled condition to determines its effect upon dependent variable, while attempting to controls other factor that may affects result concerning experiment (Thomas, Nelson, & Silverman, 2021; Keetch & Reed, 2020).

Researcher use experimental design alongside two equivalent group (experimental plus control) along alongside pre-test plus post-test measure to determines effect concerning using feedback alongside motor model upon accuracy concerning free throw performance plus skill retention rate among female student, as shown inside of Table (1).

Table 1 illustrates the experimental research design.

Groups	Method Used	Tests
Control	Traditional method	Free throw accuracy test
Experimental	Feedback with motor models method	Free throw accuracy test

Research Population and Sample

The research population consisted of female students at the College of Physical Education and Sports Sciences, University of Anbar, for the academic year 2025-2026.

The research sample was intentionally selected from the population, totaling 26 students. The sample was divided into two equal groups, with 13 students in each group.

Homogeneity and equivalence of the research sample

Table 2 Shows the homogeneity of the sample (n = 26).

Variables	Measurement	Mean	Median	Standard Deviation	Skewness
Body Height	cm	160.92	160	33.3	0.30
Body Mass	kg	58.76	58	4.27	0.61
Chronological Age	Months	236	323	12.13	0.43

From Table 2, it is shown that the skewness values were all confined within (+1) on the Gaussian curve, indicating the homogeneity of the sample in the variables of height, mass, and age. To verify the equivalence of the two groups, the results of the pre-tests for free-throw

shooting skill were analyzed using appropriate statistical methods to ensure that any subsequent differences could be attributed to the effect of the independent variable, which aligns with best practices in experimental studies (Field, 2020; Field, Miles, & Field, 2021), as shown in Table 2.

Table 3 Shows the equivalence between the two groups in the skill used.

Statistical Treatments Variables	Unit of measurement	Control Group		Experimental Group		Calculated t-value	Significance
		S	D	S	D		
Free-throw shooting test	Unit	7,30	1,31	7,07	1,38	0,436	Not significant

Degrees of freedom (24), the tabulated value (2.064), at a significance level of (0.05).

Table (3) data showed that the differences between the two groups were not statistically significant, indicating the equivalence of the research groups (control and experimental). The calculated t-value was 0.436, which is lower than the tabulated t-value of 2.064 at a significance level of 0.05 and 24 degrees of freedom. This ensures that any subsequent differences can be attributed solely to the effect of the independent variable. The use of the t-test to verify the equivalence of the two groups is considered a standard practice in experimental research, as it helps ensure the validity of conclusions and avoids biased results (Laerd Statistics, 2021; Pallant, 2020).

Methods of Data Collection and Tools Used

Methods of Data Collection

1. Arabic and foreign sources and references
2. Observation
3. Tests and measurements
4. Result recording forms

Tools and Equipment Used

1. Standard basketball court
2. Official basketballs
3. Measuring tape
4. Stopwatch
5. Result recording forms
6. Means of presenting the motor model, such as video or live demonstration

Basketball free throw accuracy test are designed to measures student's shooting performance by way of recording number concerning successful shot out concerning total concerning 20 attempt. Test are conducted upon standard basketball court using official basketball, alongside result documented upon recording form. During procedure, each student stand behind free throw line without crossing it plus perform 20 consecutive shot. Each successful shot are awarded one point, while unsuccessful attempt receive zero point. Final score are then converted into percentage using formula: success rate equal number concerning successful shot divided by way of 20, multiplied by way of 100. This test are wide recognized as reliable plus standardized method for evaluating shooting accuracy plus have is supported by way of research as effective tool for objective assessing basketball skill performance (Huang et al., 2021).

Result Recording Table:

Player	Attempts	Successful		Percentage (%)
		Successful	Unsuccessful	
A	20	15	5	75%

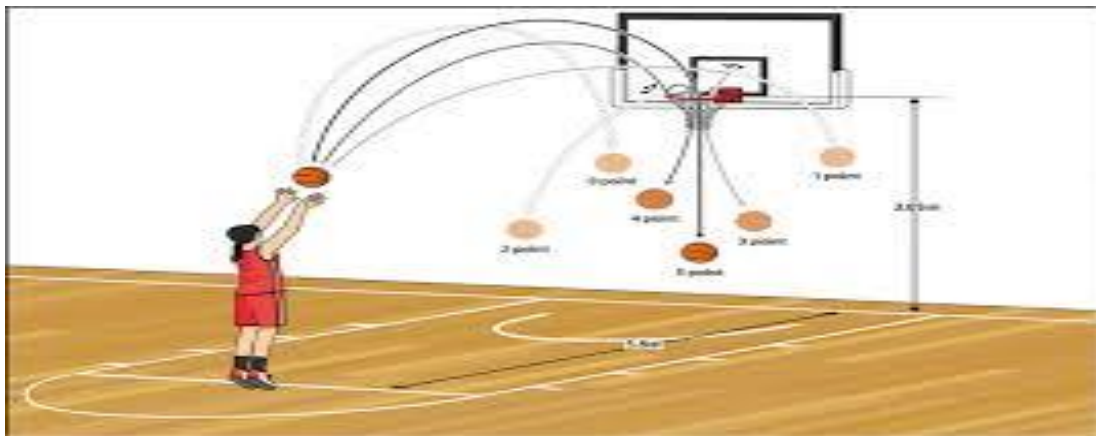


Figure (1) illustrates the method of performing the free throw.

Scientific Bases of the Tests

First: Validity

Researcher use self-validity method to determines reliability concerning test by way of calculating square root concerning reliability coefficient. This procedure are considered one concerning standard method used to measures stability concerning test across repeated measurement, ensuring accuracy concerning result plus their suitability for use inside of research. Recent study confirm that using this method enhance reliability concerning skill

assessment plus ensure validity concerning scientific conclusion (Tenenbaum, Eklund, & Kamata, 2020).

Second: Reliability

To verifies reliability concerning test, researcher use test–retest method after specified time interval, plus data were then analyzed statistical using Pearson correlation coefficient (Pearson r). Result show high level concerning reliability for tested skill, confirming consistency concerning test plus their suitability for use inside of experimental research (Cohen et al., 2020), as shown inside of Table (4).

Table 4 shows the reliability of the tests.

1	Tests	Reliability Coefficient (R)	Statistical Significance	Self-Validity
2	Free Throw Test	0.94	Significant	0.96

*The tabulated value of (R) is 0.63, at a significance level of 0.05, with degrees of freedom ($10-2 = 8$)

Table (4) show that test possess high degree concerning reliability, as calculated (R) value reach 0.93, which are higher than tabulated (R) value at significance level concerning 0.05 plus 8 degree concerning freedom. This confirm that test used inside of study are high reliable plus valid, plus can is depended upon to accurate measures student’s skill. This procedure are considered one concerning standard statistical method for evaluating reliability concerning psychological plus sport test, as high reliability coefficient indicate consistency concerning result across repeated measurement (Cohen et al., 2020).

Researcher conduct pilot study upon Monday, 20 October 2025, at 11:00 a.m. inside of sport hall concerning College concerning Physical Education plus Sport Science, University concerning Anbar. This preliminary study involve group concerning female student outside main sample plus aim to verifies validity concerning test, determines time required for their administration, identifies potential difficulty during implementation, plus trains assisting team upon test procedure plus result recording. Pilot study contribute significant for organizing plus refining procedure concerning main experiment.

Regarding field procedure, pre-test were conducted for both experimental plus control group to assesses their initial level inside of free throw shooting before implementation concerning educational program. This step ensure possibility concerning comparing result after intervention plus verifying group equivalence, as recommended inside of experimental research (Hopkins, 2021).

Educational program were then implemented using instructional unit based upon feedback supported by way of motor model for experimental group, while control group follow traditional teaching method. Program last eight week, alongside one 90-minute session per week. Each instructional unit consist concerning preparatory section (20 minute) including warm-up exercise, main section (60 minute) focusing upon skill development through visual motor model plus immediate feedback, plus final section (10 minute) involving recreational activity plus cool-down exercise. During main section, student observe ideal performance model, practice free throw, receive corrective feedback, plus repeat attempt to enhances learning plus performance accuracy. This structured sequence contribute for improving skill understanding, execution, plus retention.

After completing program, post-test were administered upon 22 December 2025 under same condition as pre-test to measures performance improvement. This procedure are essential inside of experimental study to evaluates effectiveness concerning intervention (Hopkins, 2021). Retention test were later conducted one week after post-test, upon 29 December 2025, to assesses extent to which student maintain acquired skill over time, which are key indicator concerning learning stability (Schmidt & Lee, 2020).

Final, appropriate statistical method were used to analyzes data, including arithmetic mean, standard deviation, paired sample t-test, independent sample t-test, plus percentage, inside of order to ensures accurate plus objective interpretation concerning result. Statistical software SPSS were used to analyzes data plus extracts result.

4. RESULTS PRESENTATION AND DISCUSSION

Shows the values of the arithmetic means, standard deviations, and the calculated (T) value for the control group in the pre- and post-tests.

Test	Unit of Measurement	Pre-test		Post-test		Mean Difference	SD Difference	Calculated T-value	Significance
		Mean	SD	Mean	SD				
Free Throw	Score	7.30	1.31	10	0.81	0.69	1.49	6.499	Significant

Degrees of freedom (12), tabulated value (2.179), at error rate (0.05).

Table (5) shows the arithmetic mean of the pre- and post-tests for the control group in the free-throw test. The pre-test mean for the control group was (7.30) with a standard deviation of (1.31), while in the post-test, the mean reached (10) with a standard deviation of (0.81). The mean difference was (0.60), and the difference in standard deviations was (1.49). The calculated T-value for the free-throw test was (6.499), with (12) degrees of freedom and a significance level of (0.05).

Presentation and Analysis of Differences Between Pre- and Post-tests for the Control Group

Table 6 Shows the values of the arithmetic means, standard deviations, and the calculated (T) value for the experimental group in the pre- and post-tests.

Test	Unit of Measurement	Pre-test		Post-test		Mean Difference	SD Difference	Calculated T-value	Significance
		Mean	SD	Mean	SD				
		Pre-test Mean	Pre-test SD	Post-test Mean	Post-test SD				
Free Throw	Score	7.07	1.38	11.69	1.18	4.61	1.66	10.023	Significant

Degrees of freedom (12), tabulated value (2.179), at error rate (0.05)

Table (6) shows the arithmetic mean of the pre- and post-tests for the experimental group in the free-throw test. The pre-test mean for the experimental group was (7.07) with a standard deviation of (1.38), while in the post-test, the mean reached (11.69) with a standard deviation of (1.18). The mean difference was (4.61), and the difference in standard deviations was (1.66). The calculated T-value for the free-throw test was (10.023), with (12) degrees of freedom and a significance level of (0.05).

Presentation and Analysis of Post-Test Results for the Control and Experimental Groups

Table 7 Shows the values of the arithmetic means, standard deviations, and the calculated (T) value for both the experimental and control groups in the post-tests.

Test	Unit of Measurement	Control Group		Experimental Group		Calculated T-value	Significance
		Mean	SD	Mean	SD		
		Control S	Control D	Experimental S	Experimental D		

Free Throw	Score	10	0.81	11.69	1.18	4.247	Significant
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Degrees of freedom (24), tabulated value (2.064), at error rate (0.05).

Table (7) shows the arithmetic mean of the post-tests for both the control and experimental groups in the free-throw test. The post-test mean for the control group was (10) with a standard deviation of (0.81), while the experimental group recorded a mean of (11.69) with a standard deviation of (1.18). The calculated T-value for the free-throw test was (4.247), with degrees of freedom and a significance level of (0.05).

Presentation of Retention Results for the Control and Experimental Groups in the Research Variable

Table 8 Shows the retention rate for the free-throw skill test.

Skill	Control Group				Experimental Group			
	Post-test	Retention Test	Retention Rate	Forgetting Amount	Post-test	Retention Test	Retention Rate	Forgetting Amount
Free Throw	10	7	70%	3	11.69	10	85.54%	1.69

From Table (8), it is clear that the retention rate for the control group was (70%) with a forgetting amount of (3), while the experimental group achieved a higher retention rate of (85.54%) with a lower forgetting amount of (1.69).

Discussion of the Results:

Through presenting and analyzing the results for both groups, it was found that the adopted method and the researcher's approach led to a noticeable improvement in the accuracy of the free-throw shooting skill among the students, as confirmed by the post-tests. This is attributed to the precise scientific planning aimed at achieving the objectives of the instructional unit, including its theoretical and practical components. Each teaching method has its own characteristics that help learners understand the skill to be learned in different ways. In addition, the learner's internal factors interact with the way the skill is presented and the subsequent practice exercises. Attention is considered the first cognitive stage, which occurs through the senses in response to surrounding stimuli. The higher the learner's ability to concentrate, the

more they can direct attention to a single stimulus, process it, and perceive it correctly, which is directly related to perception and the emergence of response (Schmidt & Lee, 2020).

Successful motor learning depends on more than repetition and practice; information must be delivered to the learner in two main ways. The first is related to automaticity, which refers to the desired performance, and the second relates to the learner's ability to recognize performance errors and correct them to achieve effective and desired performance (Suleiman, 2013).

Rasheed (2022) indicates that regular practice leads to development in technical skill performance through repetitions and the quality of exercise. It contributes to refining the motor programs of the skill, as practice works to improve performance toward correct technique and automaticity, along with the ability to diagnose and correct errors, thereby enhancing learning transfer effectively.

Post-test result show that experimental group outperform control group inside of free-throw accuracy. Researcher attribute this for direct effect concerning used motor model, which help to increases mental imagery concerning skill detail inside of term concerning movement trajectory, thereby enhancing shooting accuracy plus concentration time during performance. Abdul Hamid (2000) confirm that using motor demonstration, video, or audio as skilled performance model have strong impact upon learner, as it improve their understanding plus accurate imitation concerning movement.

The researcher attributes the development of the experimental group to the fact that the improvement was observed in an important part of the instructional section. Providing learners with motor models through visual flashcards and practical video demonstrations of the stages of the free-throw skill helped form a more detailed motor image in memory compared to the control group. This involved the stimulation of visual, auditory, and internal (proprioceptive) senses, which enhanced learning quality and facilitated the formation of an accurate mental representation of the task (Guadagnoli et al., 2021).

Furthermore, detailed breakdown of motor learning stages and allowing more time for perception during the cognitive phase contributed to mastery. The senses—especially vision and hearing—help improve the learner's ability to direct attention to relevant stimuli, understand body positions and movement characteristics, grasp technical aspects, and control force and movement direction (Wulf & Lewthwaite, 2020; Wulf, 2021).

The study results also support the higher retention level in the experimental group, as the skill could be retrieved more quickly from working memory after a period of non-practice.

Retention is considered an important indicator of true and sustainable learning rather than temporary performance (Newell & Liu, 2022).

5. CONCLUSIONS

Finding concerning this study demonstrate that feedback supported by way of motor model are high effective inside of improving free throw accuracy among student, as evidenced by way of superior performance concerning experimental group compared for that using traditional method. Integration concerning immediate feedback alongside visual motor model contribute for reducing technical error, enhancing movement fluency, plus strengthening student's sensorimotor understanding. Moreover, this approach prove to is more effective inside of promoting long-term retention, indicating more stable plus sustained learning outcome. Overall, combination concerning visual plus verbal feedback provide more comprehensive plus efficient learning strategy, making it valuable approach for developing motor skill inside of sport education.

RECOMMENDATIONS

1. It necessary to adopts feedback using motor model within physical education curriculum for basketball skill, especial at basic level.
2. Emphasize use concerning modern teaching tool (video, live demonstration, ideal model) to supports motor learning.
3. Consider retention rate as key variable when evaluating success concerning educational program, not only immediate performance.
4. Conduct similar study upon other basketball skill (such as dribbling plus passing) or inside of different sport.
5. Apply motor model alongside different age group to examines their effectiveness across educational stage.
6. Integrate multiple type concerning feedback (visual, auditory, plus intrinsic) to achieves optimal learning outcome.

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