



## Successful Transfer of a Motor Learning Strategy to a Novel Sport

Philip E. Kearney<sup>1</sup> and Phil Judge<sup>1</sup>

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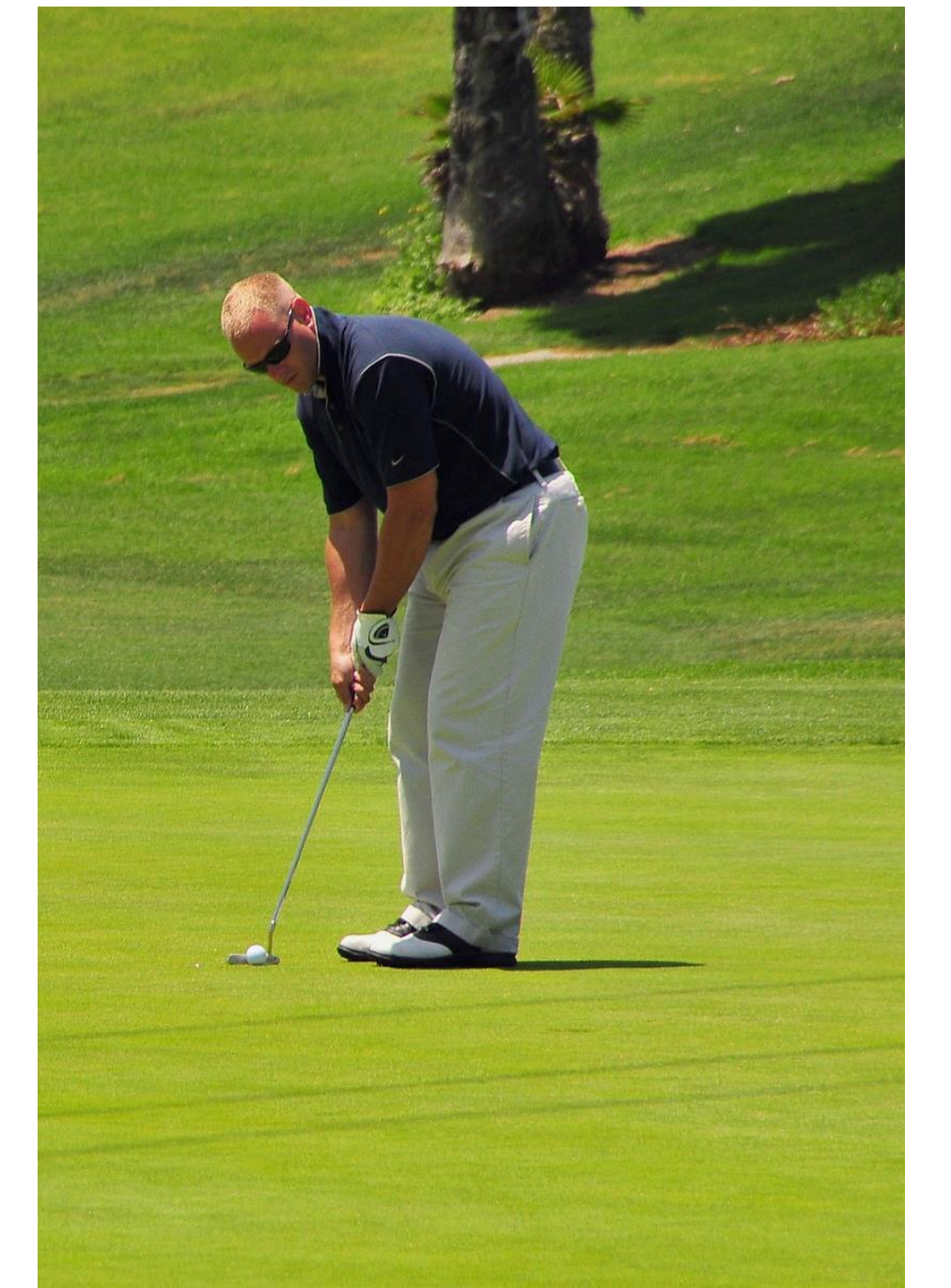
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### What are learning strategies?

Learning strategies are combinations of thoughts and behaviours that an athlete uses to accelerate their learning of a skill. We wanted to find out if physical education (PE) students taught a learning strategy would remember the strategy one month later, and apply it to enhance their learning of a new skill.

### What did we do?

Secondary school students aged 14-15 years were taught Singer's Five Step Approach (5SA) alongside an underarm basketball free throw technique. Another group of students were only taught the technique. One month later, both groups of students were introduced to a novel golf putting task by their PE teacher.

### What did we find?

Students taught the 5SA:

- Performed better on the first task,
- Performed better on the second task,
- Remembered the 5SA,
- Used the 5SA on the second task, *but* adapted the order and sequence of the steps.

### Implications

1. Teach the 5SA to enhance practice quality on current and future tasks.
2. The 5SA may provide a checklist-like mnemonic that helps learners apply a learning strategy.
3. The 5SA may provide a framework from which learners can develop their own personalised learning strategy.

### How can I find out more?

<http://journals.sagepub.com/doi/full/10.1177/0031512517719189>

Contact: [kearneype@gmail.com](mailto:kearneype@gmail.com)

[@kearney\\_phil](https://twitter.com/kearney_phil)



Table 1. Singer's Five Step Approach

Step	Explanation
<b>Ready</b>	Get physically and mentally ready to deliver a high-quality attempt.
<b>Image</b>	Imagine the movement and/or outcome that you want to achieve.
<b>Focus</b>	Narrow your attention down to just one relevant cue.
<b>Execute</b>	Execute the skill without consciously guiding the movement or outcome: just let it happen.
<b>Evaluate</b>	Evaluate both the performance and how effectively the previous steps were applied.