

Research Purpose

→ to evaluate the impact of immediate and detailed feedback on the technical performance of beginner volleyball athletes, focusing on palm grip, raising fists above the shoulders, and elbow positioning.

Methodology

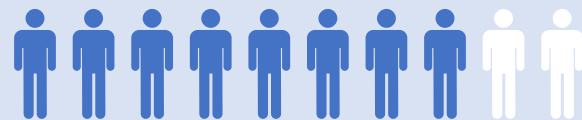
→ an advanced learning and correction system in volleyball, which uses 10 sensors placed on the arms, protected and wirelessly connected to a computer.

→ The research involved 60 participants.

Paired Differences

- Participants made significantly more errors in the testing without feedback compared to testing with feedback for grip palms.
- Participants recorded more errors in the testing without feedback compared to testing with feedback for raising fists.

Feedback significantly influences performance in various exercises or tests.



Paired Samples Test

- Participants made more errors in the non-feedback trial compared to the feedback trial for forearm force equality.
- Participants made more errors in the non-feedback trial compared to the feedback trial for forearm contact.

Feedback has a significant impact on reducing the number of errors recorded by participants in tests related to forearm force equality and forearm contact.



Results

- ✓ Feedback has a significant impact on performance, with all five test pairs showing a significant difference in participants' performance between conditions with and without feedback.
- ✓ Feedback plays a fundamental role in reducing the number of errors recorded in various motor exercises.

