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## Self-Controlled Feedback and Trait Anxiety in Motor Skill Acquisition

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### ABSTRACT

This study examined the relationship between trait anxiety (TA) and self-controlled (SC) frequency of feedback in the acquisition of the overhead volleyball serve. Forty-eight adolescent girls performed 240 acquisition trials, with the provision of knowledge of results (KR). After 48 h, they performed 16 transfer no-KR trials. Although no interactions were found on either acquisition or transfer, the high-anxious girls requested more feedback than the low-anxious ones. Also, feedback was requested more after accurate than after inaccurate trials.

### KEYWORDS

Self-Control; Feedback; Knowledge of Results; Anxiety; Motor Learning

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