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THE EFFECT OF LEVEL OF SKILL AND INSTRUCTION OF INTERNAL AND EXTERNAL FOCUS OF ATTENTION ON THE PERFORMANCE OF SKATE CROSSOVER

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The purpose of this study was to investigate the effect of level of skill and instruction of internal and external focus of attention on the performance of skate crossover. Sixty students (30 novice and 30 expert; age: 20–24) participated voluntarily, according to their records in 10 pretest trials assigned into for groups involving, namely novice with internal focus instruction, expert with internal focus instruction, novice with external focus instruction, expert with external focus instruction. Each participant performed 300 practice trials (10 sessions and each session 30 trails). The results indicated that there is significant interaction between level of skill and attention focus. In addition internal focus of attention was meaningfully better for novice performers and external focus of attention was meaningfully better for expert performers. These results provide evidence in support of deautomatisation hypothesis.