

UNIVERSITI TEKNOLOGI MARA

**THE COMPARISON OF THE INSTRUCTION AND
DEMONSTRATION ON SHOOTING ACCURACY IN
HANDBALL AMONG CO-CURRICULAR STUDENTS
IN UITM SHAH ALAM**

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Abstract

The purpose of this research is to investigate comparison of the instruction and demonstration on shooting accuracy in handball among co-curricular students in UiTM Shah Alam. A total of thirty subjects (N=30), is 21.50 ± 0.93 yrs, 169.96 ± 4.75 cm and 66.66 ± 7.75 kg purposively selected from UiTM Shah Alam co-curricular student. The study is compared the differences between three group of instruction group, demonstration group and control group with type of shoot which are vertical jump shot, shot in place and stride jump shot. Repeated measure ANOVA to determine result of four blocks of three trials on each group. Result demonstrated demonstration group shows a significant improvement for acquisition to retention on shooting accuracy. Instruction group also shown positive improvement on the shooting accuracy. Hence, it is concluded that demonstration and instruction do influence novices in improve their shooting accuracy. It is suggested to implemented these methods in enhance performance regardless of their level of expertise.

KEYWORDS: Handball, Accuracy, Instruction, Demonstration, Vertical Jump Shot, Shot In Place, Stride Jump Shot