CONTENTS

Chapter 1: General introduction 7
Chapter 2: Explicit rules and direction of attention in learning and performing the table tennis forehand 21
Chapter 3: Table tennis performance following explicit and analogy learning over 10,000 repetitions 43
Chapter 4: Attention and time constraints in perceptual-motor learning and performance: Instruction, analogy, and skill level 67
Chapter 5: Interference effects in learning similar sequences of discrete movements 95
Chapter 6: General discussion 129
Summary 143
Samenvatting 147
Dankwoord 153
Publications 159