ANCOVA on the posttest scores showed a significant difference between the experimental groups and the control group (p < .001) and between the two experimental groups, favoring the LR group (p < .001). A 3 × 2 (Group × Test) repeated measures ANOVA showed a significant improvement of the soccer dribbling skill for both teaching formats (p < .001) but not for the control group. An ANOVA on the overall practice trial data yielded significant differences between the two formats, favoring the LR group (p < .001). Both formats were