# Transfer of Learning

“Practically all learning is based on transfer”

**Negative Transfer**.

Occurs when one skill impedes the learning and performance of another e.g. wrist actions in tennis and badminton.

Refers to the relationship between two skills and is important because one skill can facilitate or impede the learning and performance of another.

**Positive Transfer**.

Occurs when one skill helps the learning and performance of another e.g. throwing helps the racquet arm action in tennis serving

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| How to maximise Positive Transfer |
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Jun 09

**Bilateral Transfer**.

Is the ability of a predominantly right footed / handed player to perform a skill using the left foot / hand of the body. Eg. a footballer being able to pass with both feet. They may be stronger on the right, but many aspects of the skill transfer to the other side.

**Zero Transfer.**

No relationship between two skills e.g. front crawl swimming and basketball shooting. Sometimes known as neutral transfer.

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