

## Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

### Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- ☐ ☒ The exact sample size ( $n$ ) for each experimental group/condition, given as a discrete number and unit of measurement
- ☐ ☒ A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- ☐ ☒ The statistical test(s) used AND whether they are one- or two-sided  
*Only common tests should be described solely by name; describe more complex techniques in the Methods section.*
- ☒ ☐ A description of all covariates tested
- ☐ ☒ A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- ☐ ☒ A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- ☐ ☒ For null hypothesis testing, the test statistic (e.g.  $F$ ,  $t$ ,  $r$ ) with confidence intervals, effect sizes, degrees of freedom and  $P$  value noted  
*Give  $P$  values as exact values whenever suitable.*
- ☒ ☐ For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- ☒ ☐ For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- ☐ ☒ Estimates of effect sizes (e.g. Cohen's  $d$ , Pearson's  $r$ ), indicating how they were calculated

*Our web collection on [statistics for biologists](#) contains articles on many of the points above.*

### Software and code

Policy information about [availability of computer code](#)

Data collection Labview v.8.5, NeuroScan 4.3

Data analysis Matlab ver 2018, HERMES for Matlab, Brain Connectivity Toolbox

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

### Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

The sample datasets generated and analyzed during the current study are available from the corresponding author on reasonable request.

## Human research participants

Policy information about [studies involving human research participants and Sex and Gender in Research](#).

|                             |                                                                                                                                                       |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reporting on sex and gender | Sex and gender are not considered in the study design. The gender information is provided by self-report.                                             |
| Population characteristics  | Population were recruited by network advertisement approved by authorized institutional human research review board at the University Hospital.       |
| Recruitment                 | The participants were recruited by network advertisement approved by authorized institutional human research review board at the University Hospital. |
| Ethics oversight            | This study was approved by an authorized institutional human research review board at the University Hospital (No. B-ER-105-032).                     |

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☒ Life sciences ☐ Behavioural & social sciences ☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://www.nature.com/documents/nr-reporting-summary-flat.pdf)

## Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

|                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sample size     | According to the G*Power software (version 3.1.9.4), total size of the participants is 35 for Hotelling T2 test (responsible variable =3) as a priori condition of the Cohen's d = 0.6, alpha= 0.05, and power (1-beta)=0.8. Total size of the participants is 28 for independent t test as a priori condition of the Cohen's d = 0.5, alpha= 0.05, and power (1-beta)=0.8. Certainly, the authors agree that increases sample size of is very helpful to add power to this study. However, thirty-six subjects for motor learning studies with EEG connectivity (network) analysis are still not a small sample size in the literatures. |
| Data exclusions | No data were excluded.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Replication     | The reproducibility lies on the fact that the observations from a small size of pilot study was largely consistent with the final experimental finding.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Randomization   | The participants were randomized into two groups in this study.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Blinding        | The data analyzers were single-blinded to the grouping. The data collector was not possible to be blinded with the grouping for the experimental design.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

## Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

### Materials & experimental systems

| n/a                                 | Involved in the study                                  |
|-------------------------------------|--------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Antibodies                    |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Eukaryotic cell lines         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Palaeontology and archaeology |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Animals and other organisms   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Clinical data                 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Dual use research of concern  |

### Methods

| n/a                                 | Involved in the study                           |
|-------------------------------------|-------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> ChIP-seq               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Flow cytometry         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> MRI-based neuroimaging |