

**TASK ANALYSIS**  
**Worksheet 15**

SKILL: Catching

VISUAL DESCRIPTION: Performer starts in ready position and as the ball approaches the performer raises hands toward the ball. The thumbs and gingers create a diamond. Receiving a thrown ball

**MOVEMENT SEQUENCE**

**VERBAL CUES**

**1. Athletic stance**

- a. feet shoulder width apart
- b. weight on balls of feet
- c. knees slightly bent
- c. slight bend at the waist

**Ready**

**2. \*Watch ball into hands.**

**Focus**

**3.\*Hand position toward ball**

**thumbs**

**4. \*Cushion the ball after the catch**

**Soft hands**

**5. Protect ball; get into running position**

**Protect**

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: Beginner

SKILL: Discrete

ENVIRONMENT: footballs, field space or gymnasium

**CHECKLIST:**

Student	Body position	Focus	Thumbs	Soft hands
1				
2				
3				
4				

