

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

SKILL: Forward Pass

VISUAL DESCRIPTION: Performer start in an athletic stance. Performer turns on dominate foot while raises the ball to ear with dominate hand and extends nondominate hand toward target. The performer steps toward target with nondominate foot. Performer "pulls" target with nondominate hand while releasing ball toward target. Passing the ball from one player to another in the air

**MOVEMENT SEQUENCE**

**VERBAL CUES**

**1. Ready Postion**

- a. Feet shoulder width apart
- b. Weight on balls of feet
- c. Knees slightly bent
- d. Hands on ball

**Ready**

**2. Point opposite foot toward target and turn body sideways.**

**Body position**

**3. \*Eyes on target.**

**Focus**

**4. \*Correct arm motion**

**Start by ear.**

**5. \*Follow through**

**Thumb down**

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: Beginner

SKILL: Discrete

ENVIRONMENT: open footballs, field space or gymnasium

**CHECKLIST:**

Student	Grip	Focus	Start by ear	Thumb down
1				
2				
3				
4				

