

TASK ANALYSIS
Worksheet 15

SKILL: Punting

VISUAL DESCRIPTION: **Performer starts in ready position holding the ball at shoulder level. The performer then drops the ball and forcefully raises dominant foot making contact with the football.** Advancing ball forward by striking the ball with your foot after dropping it from hands.

MOVEMENT SEQUENCE

VERBAL CUES

1. ***Ball position in hands.**

Hands

2. **Step forward with non-kicking leg.**

Step forward

3. **Drop ball toward foot.**

Drop

4. **Focus on ball.**

Focus

5. ***Contact ball with instep**

Instep

6. ***Point toe toward target.**

Target

7. ***Follow through.**

Extend

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner

SKILL: Discrete

ENVIRONMENT: closed, footballs, field space or gymnasium

CHECKLIST:

Student	Hands	Instep	Target	Extend
1				
2				
3				
4				