Task Analysis: Frisbee Backhand Throw

Visual Description: With your 4 fingers under the rim of the Frisbee and thumb on top, curl frisbee to chest cocking wrist, step towards the target with same side as throwing arm and release frisbee with a snap of the wrist

Movement Sequence **Action**	**Movement Cues**
1. Place thumb on top of Frisbee.	Thumb on top
2. Place 4 fingers under rim of Frisbee	Fingers under rim
3. Cock the wrist so frisbee touches inside of forearm	Cock wrist
4. Bring frisbee back against chest	Frisbee to chest
5. Step toward target with same side as throwing arm	Step
6. Release arm toward target	Release
7. Snap wrist toward target	Snap

Four most critical points

1. Thumb on top
2. Fingers under rim
3. Step to target
4. Snap wrist

Task Complexity Variables

Instructional Objective Resource Information
Learner: Middle school student (grade 6-7)
Task (Criterion): Discrete
Environment (Condition): open Plastic Frisbee, distance of target, minimal wind

Student	Thumb on top	Fingers under rim	Step to target	Snap wrist