

Task Analysis: Overhand Frisbee Throw

Visual Description: Wrist is cocked back, swing arm above shoulder and snap wrist forward towards the target. The outside edge of Frisbee (edge toward target) is tilted downward at release.

Movement Sequence

Action

1. Athletic stance
2. Thumb under rim of Frisbee
3. 4 fingers on top of Frisbee
4. Wrist cocked backward
5. Swing arm above shoulder
6. Snap wrist forward to target
7. Outside edge is slightly tilted down at release
8. Step forward to target

Movement Cues

- Ready position
- Thumb under rim
- Fingers on top
- Wrist cocked back
- Swing arm
- Snap wrist to target
- Edge tilted down
- Step to target

Four most critical points

1. **Thumb under rim**
2. **Fingers on top**
3. **Wrist cocked back**
4. **Snap wrist to target**

Task Complexity Variables

Instructional Objective Resource Information

Learner: Middle School (grade 6-8)

Task (Criterion): Discrete

Environment (Condition): open, Target distance, minimal wind or none, plastic Frisbee

Student	Thumb under rim	Fingers on top	Wrist cocked back	Snap wrist to target