

TASK ANALYSIS
Shuffleboard Serve

SKILL: Shuffleboard serve

VISUAL DESCRIPTION: Holding the handle of the shuffleboard cue firmly in your hand, place the far end of the cue against the shuffleboard disc. Bend slightly at the knees. Keeping your eyes on the target, take a fairly long step with the opposite foot and push the disc to the far end of the shuffleboard court.

MOVEMENT SEQUENCE

VERBAL CUES

1. * Standing square to the target, hold the and hold cue handle firmly in your hand and place the far end of the cue against the disc.

1. Square your stance

2. *Bend your knees slightly
your knees

2. Bend

3. Keeping your feet facing straight ahead,
take a fairly long stride as your hips lower.

3. Take a long stride

4. *Give a firm push to the disc to guide it
to the far end of the shuffleboard court

4. Push the disc

5. *Continue to lower your hips and follow through
with your arm as the disc leaves the cue

5. Follow through

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Hand-eye coordination, skill level

SKILL: Discrete

ENVIRONMENT: Closed, amount of friction between the floor and disc.

CHECKLIST:

Student	Hold the Cue	Bend the Knees	Push Disc	Follow through
1				
2				
3				
4				