

Task Analysis

SKILL: Underhand Pitching

VISUAL DESCRIPTION: The student will pitch the ball from the pitchers mound to home base. This skill is needed to start every game and start as the pitcher rotates their throwing arm in a windmill motion back and down releasing the ball between waist and knee level to be received by the catcher or hit by the batter.

MOVEMENT SEQUENCE

CUES

- | | |
|--|--------------------|
| 1. Stance: | Stance * |
| a. Use forward stride holding ball in bare hand or glove. | |
| b. Square shoulder to target with both feet on rubber mound. | |
| c. Hold ball in glove at waist level | |
| 2. Grip: | Grip |
| a. Grip across the seams. | |
| b. Hold in the fingers of the hand off palm. | |
| 3. Start windmill motion rotating arm in a counter clockwise motion with arm fully extended. | Windmill * |
| 4. Cock wrist at top of arc. | Cock Wrist |
| 5. Step with opposite leg to begin downward motion of pitch. | Step Forward * |
| 6. Snap and release ball at waist or knee level. | Release at Waist * |
| 7. Extend arm up and follow through dragging trail foot on the ground. | Follow Through |

* 4 Most Critical Points

Task Complexity Variables

LEARNER: Eye-hand coordination, Accuracy, beginning to intermediate experience

TASK: Discrete

ENVIRONMENT: Closed Skill

Name	Stance *	Grip	Windmill *	Cock Wrist	Step Forward *	Release at Waist *	Follow Through