

Batting Task Analysis

Visual Description:

Performer is in an athletic ready position, turns sideways to target/feet pointed at the tee, bat over shoulder/elbows up. Performer transfers weight from back to front (step toward the pitcher) draws bat forward, and finishes by rotating at the waist during the swing.

Movement Sequence:

1. Feet shoulder width apart, sideways to target, knees bent, eyes on pitcher
2. Bat over shoulder
3. Front elbow relaxed, back elbow away from hip
4. Eyes on target
 5. Hands and front leg move back
 6. Transfer weight from back to front
7. Draw bat forward
8. Rotate hips
9. Roll top hand over bottom on contact
10. Keep both hands on bat and swing through ball

**Critical Points*

Cues:

- Ready Position*
- Bat*
- Elbows
- Eye
- Load
- Transfer*
- Swing
- Twist*
- Roll
- Both hands

Task Complexity

Learner: Balance, weight control, beginning to intermediate experience

Task: Discrete skill

Environment: Repetitions, size of object being struck, tee/pitch, and speed of oncoming object

Students Name	Ready Position	Bat	Transfer	Twist