

Catching Task Analysis

Visual Description:

Performer is in an athletic ready position; shoulders square to oncoming target's start point. Performer positions body so that the oncoming ball's path is in the center of the stance, extends arms, cup hands, moves hands into ball's path, tracking ball into hands, receives the ball, and draws it into the body.

Movement Sequence:

1. Feet shoulder width apart, square to target
2. Position in front of oncoming ball
3. Extends arms
4. Cup hands
5. Move hands into ball's path
6. Track ball into hands
7. Receive ball
8. Draw ball into body

**Critical Points*

Cues:

Ready Position
In front*
Extend
Cup
Hands*
Eyes*
Receive*
Draw

Task Complexity

Learner: Balance, weight control, beginning to intermediate experience
Task: Discrete skill
Environment: Repetitions, size and speed of oncoming object

Students Name	In front	Hands	Eyes	Receive