

## Fly Ball 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, hands or glove raised above head, tracking ball into hands, receives the ball, covers it with the other hand, and draws it into the body.

### Movement Sequence:

1. Feet shoulder width apart, square to target
2. Position in front of oncoming ball
3. Glove/hands above head
4. Track ball into hands
5. Receive ball
6. Cover ball with other hand
7. Draw ball into body

*\*Critical Points*

### Cues:

Ready Position  
In front\*  
Hands up  
Eyes\*  
Receive\*  
Cover\*  
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	Eyes	Receive	Cover