

Overhand Throw Task Analysis

Visual Description:

Performer stands with ball in dominant hand, turns sideways toward their target with feet shoulder width apart, makes a “T” with their arms while pointing toward the target with the nondominant hand. Performer transfers their weight from back to front while drawing the dominant hand forward, completing the motion with arm and leg follow through, touching the opposite hip with the throwing hand

Movement Sequence:

1. Feet shoulder width apart, sideways to target
2. Ball in dominant hand
3. Arms should be equal and opposite pointing at target
4. Arm/leg opposition
5. Transfer weight
6. Draw arm forward
7. Extend arm and follow through (arm/leg)
8. Touch opposite hip with throwing hand

**Critical Points*

Cues:

Ready Position
Hand*
Make a “T”*
Step*
Transfer
Arm forward
Extend*
Hip

Task Complexity

Learner: Balance, weight control, beginning to intermediate experience
Task: Discrete skill
Environment: Repetitions, distance, target

Students Name	Hand	Make a “T”	Step	Extend