

Task Analysis: Volleyball Forearm Pass

Visual Description: Body is positioned in athletic stance, hands together, and arms are extended as the forearm contacts the volleyball to push it up in the air.

Movement Sequence

Action

1. Ready stance
2. Extend arms in front
3. Hold hands together
4. Make a platform with forearms (Turn forearms so they flat surface part is facing up)
5. Contact ball on forearm platform
6. Move ball up in air with forearm platform
7. Follow through by squaring shoulders to target
8. Do not swing arms (control!)

Movement Cues

- *body low
- *elbows straight
- *hands together
- Forearm platform
- Ball contact platform
- Ball up
- square shoulders
- *no swinging

- **Four most critical points**

1. Body low
2. Elbows straight
3. Hands together
4. Control –no arm swinging

Task Complexity Variables

Instructional Objective Resource Information

Learner: Beginner level, be able to move feet

Task: Discrete

Environment (conditions): gym, standard ball

CHECKLIST:

Student	Body low	Elbows straight	Hands together	Control
1				
2				
3				
4				