

TASK ANALYSIS
Set (Overhead) Pass

SKILL: SET PASS

VISUAL DESCRIPTION: Begin with knees bent and feet shoulder width apart. Look up toward ball, with elbows facing outside of shoulders. Hands are just above forehead with fingers slightly bent at a 45 degree angle toward each other. Wait for the ball to come to your hands. Use finger pads to contact the ball and extend arms and legs fully upward, fingers will also straighten. Keep wrists locked throughout motion. Arms will remain straight and follow through down to sides of legs.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Knees bent 2. Feet shoulder width apart 3. Elbows facing outside of shoulders 4. Hands just above forehead 5. Fingers slightly bent facing each other 6. Contact ball with finger pads 7. Extend arms fully upward 8. Follow through with straight arms down to
The thighs | <ol style="list-style-type: none"> 1. bend knees 2. Jumper stance * 3. Elbows out *4. Hands at forehead 5. Fingers slightly bent *6. Contact ball * 7. Full extension 8. Follow through |
|--|---|

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: high skill level

SKILL: discrete 4/5

ENVIRONMENT: height of tossed ball, distance from net,

CHECKLIST

Student	Elbows out	Hands at forehead	Contact ball	Full extension
1				
2				
3				
4				

