

Task Analysis

Skill: Backhand Stroke

Visual Description: Stand in athletic ready position and hold shuttle in non-dominant hand. Step one step forward with dominant leg. Swing dominant arm back, shift weight towards dominant foot, and bring dominant arm forward. Strike the shuttle.

Movement Sequence

Action

1. Stand with feet shoulder width apart
2. Bring dominant leg across body
3. Extend non-dominant arm out to the side
4. Extend dominant leg out to the side
5. Step off on non-dominant foot
6. Bring dominant arm back across body for contact
7. Rotate body to the side
8. Extend the dominant arm behind the body

*Four most critical points

Movement Cues

1. Ready Position
- *2. Load leg
3. Balance
- *4. Step
5. Shift weight
- *6. Stroke
7. Turn hips
8. Follow through

Task Complexity Variables

Instructional Objective Resource Information

Learner: Grades 9-12, experience, hand-eye coordination, balance, weight shifting

Skill: Open (reciprocal)

Environment: (Open = Game/reciprocal)