

TASK ANALYSIS
Badminton Serve

SKILL: Badminton Serve

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

MOVEMENT SEQUENCE	VERBAL CUES
1. Stand in athletic ready position	Ready Position
2. Hold shuttle in non-dominant hand	Shuttle ready
3. Step one step forward with non-dominant leg	*Step
4. Swing dominant arm back	*Load up
5. Shift weight forward to non-dominant foot	Shift
6. Swing dominant arm forward	*Arm up
7. Strike shuttle	*Hit it
8. Follow through with the racquet	Follow Through
* 4 Most Critical Points.	

COMPLEXITY VARIABLES

LEARNER: Grades 9-12, balance, weight control, experience, hand-eye coordination

SKILL: Discrete, gross

ENVIRONMENT: Closed, Repetitions, moving body weight, hand-eye coordination, distance of serve, location of serve

CHECKLIST:

Student	Step	Load up	Arm up	Hit it
1				
2				
3				
4				