

TASK ANALYSIS
Forehand

SKILL: Forehand

VISUAL DESCRIPTION: Grab racquet with handshake or pistol grip. Start with weight on dominant foot. With racquet in dominant hand, shift weight to the non-dominant foot and rotate hips. Let the elbow lead through and rotate forearm and wrist on contact.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|---------------------------|
| 1. Grip racquet with handshake grip | *Handshake grip |
| 2. Knees and elbows bent, weight on back foot | Ready position |
| 3. Rotate hips and shoulders | * Hitting position |
| 4. Extend racquet arm to side | Extend arm |
| 5. Elbow leads, rotate forearm and wrist | *Elbow leads |
| 6. Transfer weight from front to back leg | Transfer weight |
| 7. Finish with palm down, and racquet across body | *Palm down |
| 8. Swing back foot forward to regain balance | Follow through |
- * 4 Most Critical Points.**

COMPLEXITY VARIABLES

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

SKILL: _Discrete, gross

ENVIRONMENT: Closed, Repetitions, moving body weight, hand-eye coordination, height of shot, strength of shot, distance of shot

CHECKLIST:

Student	Handshake grip	Hitting position	Elbow leads	Palm down
1				
2				
3				
4				