

**TASK ANALYSIS**  
**Overhead Smash**

SKILL: Overhead smash – “The Slam”

VISUAL DESCRIPTION: Start with dominant leg back and racquet over your head, behind the back. Transfer weight from dominant leg to non-dominant leg and swing racquet over the head in a downward position.

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<b>MOVEMENT SEQUENCE</b>	<b>VERBAL CUES</b>
<b>1. Dominant leg back</b>	<b>*Athletic position</b>
<b>2. Bring racquet above head and behind back</b>	<b>*Scratch back</b>
<b>3. Transfer weight to non-dominant leg</b>	<b>*Shift weight</b>
<b>4. Bring racquet over the top of the head</b>	<b>Swing</b>
<b>5. Swing racquet down hitting the shuttle</b>	<b>*Smash</b>
<b>6. Bring racquet across the body</b>	<b>Finish the hit</b>
<b>7. Bring dominant leg up even with other leg</b>	<b>Follow through</b>
<b>8. _____</b>	_____

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

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

SKILL: \_Discrete, gross

ENVIRONMENT: Open, Repetitions, moving body weight, hand-eye coordination, distance of shot to the net

CHECKLIST:

Student	Athletic position	Scratch back	Shift weight	Smash
1				
2				
3				
4				