TASK ANALYSIS: Forehand Shot (Badminton)

Visual Description

Student will start in ready position (eyes forward, shoulders and hips square, knees bent and feet shoulder width apart). Pivot to dominate side, shifting weight to back foot and bringing racket backwards. Shift weight forwards, swing racket at an upward angle and contact shuttle in front of body, following through across body and finishing in the ready position.

Movement Sequence	***Cues***
* 1. Ready position a. Eyes forward b. Shoulders & hips squared c. Knees bent d. Feet shoulder width apart	1. Ready*
2. Grip	2. Grip
* 3. Open to dominant side shifting weight to back foot	3. Open*
4. Bring racket backward	4. Setup
* 5. Swing racket forward while transferring weight to front foot	5. Swing*
6. Contact shuttle in front of body	6. Contact
* 7. Follow through across body	7. Follow through*
8. Finish in ready position	8. Ready

***4 Critical Points**

Complexity Variables

Learner: Eye-hand coordination, reaction time, experience, accuracy
Skill: Discrete
Environment: Open, condition of equipment used, path of travel for shuttle, target

Name	Ready*	Grip	Open*	Racket Back	Swing*	Contact	Follow Through*	Ready
1.								
2.								
3.								
4.								