TASK ANALYSIS: Overhead Smash (Badminton)

Visual Description

Student will start in ready position (eyes forward, shoulders and hips square, knees bent and feet shoulder width apart). Approach shuttle from dominant side bringing racket from back scratch position upward with weight on front foot. Flex wrist downward and contact shuttle at highest point with a closed racket face while following through across the 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. Step under shuttle On dominant side of body.	2. Approach
* 3. Bring racket to back scratch position	3. Back*
4. Keep weight on front foot.	4. Weight
* 5. Reach high into air and hit shuttle with closed Racket face and contact at highest point	5. Attack*
* 6. Hit shuttle with as much force possible Snap wrist forward	6. Whack*
* 7. Follow through across body	7. Follow through
8. Finish in ready position	8. Ready

***4 Critical Points**

Complex Variables

Learner: Eye hand coordination, reaction time, accuracy,
Skill: Discrete
Environment: Open, condition of equipment, height of net, target size

Name	Ready	Approach	Back*	Weight	Attack *	Whack *	Follow through*	Ready
1.								
2.								
3.								
4.								