

## Task Analysis

Skill: Underhand Throw

Visual Description: Student will perform an underhanded throw and try to get the bocce ball closest to the marker.

### Movement Sequence

1. Fingers and thumb spread evenly around ball with thumb holding the ball in place
- \*2. Feet shoulder width apart with non-throwing foot forward (left foot is right handed)
3. Knees bent
- \*4. Bring throwing arm straight back and close to body
- \*5. Non-throwing leg takes a small step forward
6. Bring throwing arm straight forward and close to body
- \*7. Release ball at waist level or slightly higher
8. Follow through

### Movement Cues

- Grip
- Stance
- Knees
- Load
- Step
- Throw
- Release
- Follow Through

Four most critical points

Learner: Beginner

Skill: Discrete

Environment: Closed

Checklist:

Name	Stance	Load	Step	Release
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