

TASK ANALYSIS
4 Step Approach

SKILL: The Four Step Approach

VISUAL DESCRIPTION: (Right handed) Performer will start with feet shoulder width apart, weight distributed evenly. The ball will be held with the correct grip and supported with the opposite hand. On first step performer will push ball out while stepping forward with right foot. On second step, left foot moves forward while ball begins downward arc as supporting hand releases. The third step will be with the right foot and the ball will travel behind the body to it's highest point. On the final step, the ball will move from behind the body, in a half circle, down to the floor and released. The arm should continue upward in a follow through and right foot swings behind their left for balance.

MOVEMENT SEQUENCE	VERBAL CUES
1. Standing with feet shoulder width apart.	Shoulder width.
2. Ball held in front at waist.	Waist.
3. *Step right foot, ball out front	Out front
4. *Step left foot, ball down.	Ball down
5. *Step right foot, ball back.	Ball back
6. *Step left foot, ball forward.	Forward release
7. Arm continues forward, right foot behind.	Follow Through.

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Eighth/ninth grade student.

SKILL: Discrete, gross motor.

ENVIRONMENT: Closed loop. .

CHECKLIST:

Student	Ball Out	Ball Down	Ball Back	Ball Forward
1				
2				
3				
4				

Website: www.UcanBowl.com, www.BowlersEd.com

