

TASK ANALYSIS
Bowling Follow-Through

SKILL: Follow Through

VISUAL DESCRIPTION: (Right handed) Performer will begin the follow through after the release of the ball. At the release of the ball, the bowling hand will relax and continue upward toward right ear (looks like answering a phone). Also at the ball release, the performer will balance on the left foot while the right foot slides behind the left leg. Hold the finish.

MOVEMENT SEQUENCE

VERBAL CUES

1. Release of the ball.

Release.

2. *Arm continues upward toward ear.

Answer the phone.

3. *Balance on front foot.

Balance.

4. *Right foot behind left.

Foot behind.

5. *Hold follow through.

Pose for picture.

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Eighth/ninth grade student.

SKILL: Discrete, gross motor.

ENVIRONMENT: Closed loop. .

CHECKLIST:

Student	Answer phone	Balance	Foot behind	Pose for Picture
1				
2				
3				
4				

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