

**TASK ANALYSIS**  
**Backhand Throw**

**SKILL:** Backhand Throw for Ultimate Frisbee

**VISUAL DESCRIPTION:** Frisbee starts at waist/chest level and is thrown by snapping the wrist and stepping with the throwing leg.

<b>MOVEMENT SEQUENCE</b>	<b>VERBAL CUES</b>
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<b>1.</b> Position body toward target	Body Position
<b>*2.</b> Pinch frisbee edge with thumb and forefinger	Pinch
<b>*3.</b> Flex wrist toward body	Load
<b>*4.</b> Step with throwing leg	Step
<b>5.</b> Extend elbow	Elbow
<b>*6.</b> Snap wrist	Wrist
<b>7.</b> Follow through toward target	Reach
<b>8.</b> _____	_____

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

**LEARNER:** Beginner-Advanced

**SKILL:** Discrete skill 4/5

**ENVIRONMENT:** (Open) = wind speed, distance to target, size of target, weight and size of frisbee

**CHECKLIST:**

Student Name	Pinch	Load	Step	Wrist
1				
2				
3				
4				