

Task Analysis Worksheet

Skill: One Handed Catch

Visual Description: Arm extended in front of body, hand opens, and forming a “C” Thumb pointed down.

Movement Sequence

Movement Cues

Action

- | | |
|--|------------|
| • 1. Feet Shoulder Width Apart | Feet |
| 2. Arm Raised to Chest Level | Arms Up |
| • 3. Hand Open | Hand |
| 4. Fingers Point Out | Fingers |
| • 5. Thumb Down | Thumb Down |
| 6. Receive Frisbee Between Thumb and Fingers | “C” |
| • 7. Close Thumb and Fingers with Frisbee Sandwiched | Close |

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- Four most critical points

**Task Complexity Variables**

**Learner:** Beginner - Advanced

**Skill:** Discrete

**Environment:** (Open) Partner Throwing, Gym or Outside

Checklist:

| Student | Feet | Hand | Thumb Down | Close |
|---------|------|------|------------|-------|
|         |      |      |            |       |
|         |      |      |            |       |
|         |      |      |            |       |