

Task Analysis Worksheet

SKILL: Frisbee Pancake Catch

Visual Description: A catch which involves clapping the hands together, trapping the Frisbee between the two hands.

Movement Sequence

Action

1. Starting position
2. hands raised chest height
3. One hand above the other
4. Palms facing together
5. Watch Frisbee in between hands
6. Clap hands trapping Frisbee
- 7.
- 8.

- Four most critical points

Movement Cues

- Start
- Raise
- Stack
- Palms
- Watch
- Clap

Task Complexity Variables

Instructional Objective Resource Information

Learner: Beginner-Advanced

Skill: Discrete

Environment: Open (speed of disk, wind, etc.)

Checklist:
