

TASK ANALYSIS
C-Catch

SKILL: 2-hand catch (C-catch)

VISUAL DESCRIPTION: Learner receives Frisbee by forming the letter “C” with both hands.

MOVEMENT SEQUENCE

VERBAL CUES

1. Move to where the frisbee is coming down.

Go to it

***2. Hands several inches apart.**

Hands together

***3. Form a “C” with both hands.
down”**

**Above waist: “Thumbs down”
Below waist: “Thumbs**

***4. Look disc into hands.**

Look it in

5. Cushion w/ hands on harder throws.

Soft hands

***6. Close fingers around the edge of the disc.**

Pinch

***4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner to Advanced

SKILL: Discrete

ENVIRONMENT: (Open) speed of throw, height of throw, wind speed & direction

CHECKLIST:

Student Name	Hands together	Thumb position	Look it in	Pinch
1				
2				
3				
4				