

TASK ANALYSIS
Golf Swing

SKILL: Golf Swing

VISUAL DESCRIPTION: Addressing the golf ball, performer moves his arms, hands and club back and up as one unit until the shaft is parallel to the ground. Reversing the motion, performer brings club back down quickly to strike the ball, and continues the club motion forward and up, following through high over the front shoulder.

MOVEMENT SEQUENCE	VERBAL CUES
<u>1. Grip & Stance</u>	<u>* Address</u>
<u>2. Begin backswing with the arms</u>	<u>* Arms Back</u>
<u>3. Cock wrists and shift weight back</u>	<u>* Wrists and Shift</u>
<u>4. Rotate Hips/Club Horizontal/Hands High</u>	<u>Hips and Hands</u>
<u>5. Weight Shift to Forward Side</u>	<u>Weight Shift</u>
<u>6. Arms start the forward swing</u>	<u>Arms</u>
<u>7. Hips Rotate back to square and Snap wrists</u>	<u>*Hips and Wrists</u>
<u>8. (Contact) Follow through/ Rotate to target</u>	<u>Follow through</u>

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Beginner

SKILL: Discrete

ENVIRONMENT: Closed

CHECKLIST:

Student				
1				
2				
3				
4				

