

## Horse Shoes Task Analysis

**Skill:** Horse Shoe Pitch

**Visual Description:** The player takes a position on the pitcher's platform, to one side opposite the stake. Placing the feet carefully, so he/she is well balanced, standing erect. Gripping the shoe, extending it to full-arm length in front. He/she holds the shoe -caulks down- at about a 45' angle to the ground. Swinging it up on a level with the eyes, sighting it at the opposite stake. Bending slightly at the knees and leaning forward at the waist, he/she swings the shoe backward in an easy manner. A split second before the back-swing is completed, he/she steps forward. This delivery-step is executed with the foot that is opposite the delivery-arm. The shoe does not pause at the end of the back-swing. The arm swings forward, straight from the shoulder, like the pendulum of a clock. As' the shoe passes the standing leg, in the front-swing, he/she brings -it to a level position with a free, natural roll of the arm. At this exact moment, the delivery-step is completed and the body-weight is smoothly shifted to the left foot. The right knee straightens up to its natural position and the body rises with the swing. He/She releases the shoe as it swings up in line with the eyes and the opposite stake. The shoe leaves the hand cleanly and heads towards the opposite stake.

(<http://www.horseshoepitching.com/gameinfo/howtopitch.shtml>)

MOVEMENT SEQUENCE	LEARNING CUES
1. Knees bent, weight evenly distributed, shoulders squared, eyes on target	<b>Ready to Throw Position*</b>
2. Grip* the shoe, extend to full arms length towards the target	<b>Grip* and Aim*</b>
3. Bend at the knees, lean forward	Bend and Lean
4. Swing shoe back with no pause, bring forward	Swing it Back
5. The arm swings smoothly, to a level position with a free natural roll of the arm	Keep it smooth
6. Split/second before release, step forward with foot opposing arm	<b>Step to it*</b>
7. Body rises, shoe is released when level with eyes and opposite stake, clean release	<b>Smooth Release/Follow through*</b>

\*4 standard grip types

**BOLD AND ASTERIK- Four Critical Points\***

**Complexity Variables**

**Learner:** Beginner / Intermediate

**Skill:** Discrete, Gross Motor

**Environment:** Closed, Horse Shoe Pit

**Checklist**

<b>Student</b>	<b>Ready to Throw Position</b>	<b>Grip and Aim</b>	<b>Step to it</b>	<b>Smooth Release/Follow Through</b>
<b>1.</b>				
<b>2.</b>				
<b>3.</b>				
<b>4.</b>				