

TASK ANALYSIS
Backhand

SKILL: Pickle Ball backhand drive

VISUAL DESCRIPTION: Student will strike the middle the ball in a backhand motion with a vertical racket face rotating wrist slightly forwards on contact to create a top spin effect. _____

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|------------------------------------------------------------------------|-----------------------|
| 1. _Grip the racket with two hands | Grip |
| 2. _Rotate body so that dominate side shoulder is facing target | Stance* |
| 3. _Swing the racket starting at waist level. ____ | Swing* |
| 4. _ Transfer weight from back foot to front foot. ____ | Transfer* |
| 5. Swing with a vertical face racket. ____ | Contact* |
| 6. _ Upon contact of the ball, rotate wrists slightly forward | Rotate |
| 7. _ Step forward with back foot | Follow-through |

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner

SKILL: discrete

ENVIRONMENT: Open (partner), Closed (wall, etc.)

CHECKLIST: Take stance Grip paddle Pivot Swing

Student	Take stance	Grip paddle	Pivot	Swing
1				
2				
3				
4				