

**TASK ANALYSIS**  
**Drop Shot**

SKILL: \_\_\_\_ Drop Shot \_\_\_\_\_

VISUAL DESCRIPTION: Student will strike the bottom third of the ball with a partially flat racket in an upward motion (45 degree angle) creating a backspin on the ball that lands just over the net creating a very small bounce on the opponent's side. \_\_\_\_\_

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- |   |                       |
|---|-----------------------|
| 1. <b>_Grip the racket</b>  | <b>Grip</b>           |
| 2. <b>_Take racket back to striking stance</b>                            | <b>Stance*</b>        |
| 3. <b>_Swing the racket starting just below waist level.</b>              | <b>Swing*</b>         |
| 4. <b>_ Transfer the weight from back foot to front foot.</b>             | <b>Transfer</b>       |
| 5. <b>With a partially flat racket swing in a slightly upward motion.</b> | <b>Backwards“J”*</b>  |
| 6. <b>_ Hit the bottom third of the ball</b>                              | <b>Bottom*</b>        |
| 7. <b>_ Step forward with back foot</b>                                   | <b>Follow-through</b> |

**4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: **\_Beginner**

SKILL: **\_Discrete**

ENVIRONMENT: **\_\_Closed (Wall), Open (Partner)**

**CHECKLIST:**

|         |  |  |  |  |
|---------|--|--|--|--|
| Student |  |  |  |  |
| 1       |  |  |  |  |
| 2       |  |  |  |  |
| 3       |  |  |  |  |
| 4       |  |  |  |  |