

TASK ANALYSIS
Forehand

SKILL: Forehand drive

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

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|---|-----------------------|
| 1. _Grip the racket | Grip |
| 2. _ Rotate body so that non-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 wrist slightly forward | Rotate |
| 7. _ Step forward with back foot | Follow-through |

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner

SKILL: discreet

ENVIRONMENT: Closed (wall), Open (Partner)

CHECKLIST: Take stance Grip paddle Pivot Swing

Student	Take stance	Grip paddle	Pivot	Swing
1				
2				
3				
4				