

TASK ANALYSIS
Lob Shot

SKILL: _Lob Shot

VISUAL DESCRIPTION: __Student will swing the racket in an upward motion (75 degree angle) striking the bottom of the ball creating a high arc over the net towards the back end of the court.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|------------------------|
| 1. _Grip the racket | Grip |
| 2. _Take racket back to striking stance | Stance* |
| 3. _Swing the racket starting at the waist level | Swing* |
| 4. _ Transferring the weight from back foot to front foot. | Transfer |
| 5. Hit the bottom of the ball in an upward motion (75 degree angle) | Up and over* |
| 6. __Step forward with back foot | Follow through* |
| 7. _____ | _____ |
| 8. _____ | _____ |

84 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: __Beginner

SKILL: Discrete

ENVIRONMENT: Open (partner, Wind, etc.) Closed (Wall, indoors)

CHECKLIST:

Student				
1				
2				
3				
4				