

## Task Analysis Underhand Throw

**VISUAL DESCRIPTION:** \_\_Student, using a softball size ball, will throw the ball underhand at a target. The target being a square on the wall.

<b>MOVEMENT SEQUENCE</b>	<b>VERBAL CUES</b>
<b>1. Ready Position-</b>	<b>* 1. Hand under ball</b>
<b>2. Face target</b>	<b>* 2. Step forward</b>
<b>3. Ball in writing hand</b>	<b>* 3. Swing arm back</b>
<b>4. Hand under ball</b>	<b>* 4. Swing arm forward</b>
<b>5. Step leg forward opposite from ball hand</b>	<b>5. Follow through</b>
<b>6. Swing ball arm back</b>	
<b>7. Bring ball arm forward</b>	
<b>8. Follow through</b>	
<b>* 4 Most Critical Points.</b>	

### COMPLEXITY VARIABLES

LEARNER: Skill level , comprehension, muscular coordination.

SKILL: Serial

ENVIRONMENT: Ball size, wall target, self space.

#### CHECKLIST:

Student				
1				
2				
3				
4				