

TASK ANALYSIS
Forehand Pass

VISUAL DESCRIPTION: Player will start in a ready position and push the puck forward to a target.

MOVEMENT SEQUENCE	VERBAL CUES
1. Ready position	ready*
a. feet staggered	
b. knees bent	
c. weight even, bend at waist	
2. Grip: hands spread apart a forearm length	grip*
With dom hand on bottom	
3. Bring stick back to dominant leg	back*
4. Transfer weight to non-dom side	transfer
5. Bring stick forward	forward
6. Push and release puck	release*
7. Follow through toward target	follow through
8.	

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: hand-eye coordination, 3-5th, tracking skills

SKILL: discrete

ENVIRONMENT: distance, size of target, speed, pattern to travel

CHECKLIST:

Student	Ready	Grip	Back	Release
1				
2				
3				
4				