

TASK ANALYSIS
Inside Foot Pass

VISUAL DESCRIPTION: The student will start in ready position and take one step toward ball with non-dominant foot. Using the inside of the dominant foot, student will strike the ball toward a target, following through toward the target.

MOVEMENT SEQUENCE	VERBAL CUES
1. Ready Position	Ready
2. Knees Bent	Knees
3. Step to the side of the ball, non dominant foot*	Step
4. Turn inside of dominant foot toward ball	Turn foot
5. Eyes on Ball*	Eyes on Ball
6. Strike ball with inside of foot*	Strike
7. Follow through to target*	Follow Through

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Playing experience, skill level, foot-eye coordination, exposure to sport, tracking

SKILL: Discrete, closed loop

ENVIRONMENT: Speed of activity, size of ball, # of students, room size

CHECKLIST:

Student	Step	Eyes on Ball	Strike with Inside of foot	Follow Through
1				
2				
3				
4				