

TASK ANALYSIS
Worksheet 15

SKILL: Inside of the 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**

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				