

TASK ANALYSIS
Instep Kick

VISUAL DESCRIPTION: The student will step forward next to ball on balance foot and draw back kicking foot. Pointing toes to the ground, swing kicking leg forward and make contact on the ball with the laces of his/her shoe, following through to target.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|---|----------------|
| 1. Step forward next to ball on balance foot. | Balance |
| 2. Draw back kicking foot. | Leg back |
| 3. Swing forward kicking leg. * | Swing forward |
| 4. Point toes to the ground. * | Point |
| 5. Eyes on the ball. | Watch the ball |
| 6. Contact ball on the laces of shoe. * | Laces |
| 7. Follow through with kicking leg. * | Follow through |
| 8. | |

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Player experience, skill level, foot-eye coordination, tracking

SKILL: Discrete, closed loop

ENVIRONMENT: Size of ball, distance to target, number of students

CHECKLIST:

Student	Swing Forward	Point	Laces	Follow Through
1				
2				
3				
4				