

**TASK ANALYSIS**  
**Punting**

**VISUAL DESCRIPTION:** Face target, holding ball with both hands, arms extended, step forward with non-dominant foot, release ball at waist level and kick ball out of air using instep of foot.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- |   |                       |
|---|-----------------------|
| <b>1. Ready Position</b>                        | <b>Ready</b>          |
| <b>2. Ball in both hand</b>                     | <b>Hold Ball</b>      |
| <b>3. Extend arms at waist level*</b>           | <b>Waist Level</b>    |
| <b>4. Step forward with non-dominant foot*</b>  | <b>Step</b>           |
| <b>5. Release Ball</b>                          | <b>Drop Ball</b>      |
| <b>6. Contact with instep of dominant foot*</b> | <b>Blast It</b>       |
| <b>7. Follow through toward target*</b>         | <b>Follow Through</b> |

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: Skill Level, Hand-Eye Coordination, Experiences

SKILL: Discrete, Closed Loop

ENVIRONMENT: Size of Ball, Room Size, Distance

**CHECKLIST:**

Student	Ball at Waist Level	Step with Non-Dominant Foot	Contact ball with Dominant Foot	Follow Through
1				
2				
3				
4				