

**TASK ANALYSIS**  
**Worksheet 15**

SKILL: 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**

**1. Ready Position**

**Ready**

**2. Ball in both hand**

**Hold Ball**

**3. Extend arms at waist level\***

**Waist Level**

**4. Step forward with non-dominant foot\***

**Step**

**5. Release Ball**

**Drop Ball**

**6. Contact with instep of dominant foot\***

**Blast It**

**7. Follow through toward target\***

**Follow Through**

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: Skill Level, Hand-Eye Coordination, Experiences

SKILL: Discrete, **Closed**

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				