

TASK ANALYSIS
Throw-in

VISUAL DESCRIPTION: The player will take one step forward on non-dominant foot. The ball is held between both hands, it is then drawn back behind head and thrown over the head in a continuous motion. Both feet must be touching the ground as the ball is released.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--------------------------------------------|----------------|
| 1. Step forward onto non-dominant foot. | One step |
| 2. Bring ball behind head in both hands. * | Two hands |
| 3. Extend arms forward over head.* | Push |
| 4. Drag back toe on ground.* | Drag |
| 5. Release ball by forehead. | Release |
| 6. Follow through towards field. * | Follow through |
| 7. | |
| 8. | |

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Player experience, skill level, strength of player

SKILL: Discrete, closed loop

ENVIRONMENT: Size of ball, distance to be thrown, mode of travel, number of students

CHECKLIST:

Student	Two Hands	Extend arms	Drag toe	Follow Through
1				
2				
3				
4				