

TASK ANALYSIS WORKSHEET

SKILL: Sprinting

VISUAL DESCRIPTION: Student will run with opposite arm leg action as quickly as they can.

MOVEMENT SEQUENCE

VERBAL CUES

1. Ready position *
head up
dominant hand forward
leaning slightly forward
non-dominant foot staggered forward

Ready position
head up
dominant hand forward
slight lean
opposite foot forward

2. Swing arm back when signaled to go

Arm pull

3. Same leg steps forward *

Same leg

4. Arms and legs move in opposition.

Opposite arms/legs

5. Knees lifted forward, upward and down

Knee lift

6. Forcefully push from the toes *

Toe push

7. Slightly lean into the run *

Lean

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Moderate skill level, experience

SKILL: Continuous

ENVIRONMENT: Speed, opponents, distance, closed skill

CHECKLIST:	Ready Position	Same Leg	Toe Push	Lean
Student				
1				
2				
3				
4				