

TASK ANALYSIS

SKILL: Overhead Set

VISUAL DESCRIPTION: Player handles the ball above head with palms facing outward to set ball for teammate or to accurately place the ball on the opponent's side.

Recommend: palms facing upward and type of stance

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|---|------------------------------|
| 1. Feet shoulder width apart/staggered | Stance |
| 2. Knees flexed about 90 degrees slightly bent | Bend Knees |
| 3. Upper body leaning slightly forward | Bend at waist |
| 4. Elbows flexed 90 degrees at chin level | Elbows bent |
| 5. Hands above forehead with wrists flexed back | Wrists bent backwards |
| 6. Thumbs toward nose about 3 inches apart, fingers curled | Triangle Shape |
| 7. Contact with ball | All ten fingers |
| 8. Thighs thrust and arms extended fully | Follow through |
- * 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Tracking skills, eye hand coordination, experience

SKILL: Discrete

ENVIRONMENT: Open

CHECKLIST:

Student	Stance	Hand location	Ball contact	Follow through
1				
2				
3				
4				