

TASK ANALYSIS

SKILL: Forearm Pass

VISUAL DESCRIPTION: The passer needs to be in a ready position. His/her knees to be bent, arms extended with hands clasps together and concentrating on the ball.

MOVEMENT SEQUENCE	VERBAL CUES			
1. Feet shoulder width apart*	feet shoulder width			
2. Weight forward on the balls of the feet	weight forward			
3. Place back of one hand in palm of another*	flat surface			
4. Knees and hips bent	bend			
5. Arms extended in front of the body*	extend arms			
6. Allow ball to rebound off of arms*	contact ball			
7. Straighten legs on contact	stand straight			
8. Follow through in the direction of the ball	follow through			
* 4 Most Critical Points.				
COMPLEXITY VARIABLES				
LEARNER: Novice				
SKILL: Discrete				
ENVIRONMENT: Closed				
CHECKLIST:				
Student				
1				
2				
3				
4				