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| **RECIPROCAL TASK SHEET: UNDERHAND SHOT – FOREHAND** |

**Name of Doer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** You will work with two partners on this task sheet. The roles are:

Doer: Using the Forehand hit the shuttle 6 times in a row between the two lines on the wall.

Score Keeper: Count how many times the shuttle lands in the target area. Report score to recorder.

Recorder: Observe doer and record elements performed.

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|  | **DATES** | | | | | | | | | | | |
| (Record date of practice) |  | |  | |  | |  | |  | |  | |
|  | **Y** | **N** | **Y** | **N** | **Y** | **N** | **Y** | **N** | **Y** | **N** | **Y** | **N** |
| 1. Stand 6’ from the wall. Drop the shuttle and hit it underhand to the target area. |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. Shuttlecock held at chest height. |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. Shuttle contacted below waist level. |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. Racquet head below wrist level. |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. Wrist cocked throughout the stroke. |  |  |  |  |  |  |  |  |  |  |  |  |
| 6. Repeat until hit wall 6 times. |  |  |  |  |  |  |  |  |  |  |  |  |
| 7. Accuracy: Hit in target area. |  |  |  |  |  |  |  |  |  |  |  |  |
| 8. Change roles:  Doer →Recorder → Scorekeeper → Doer |  |  |  |  |  |  |  |  |  |  |  |  |

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| **RECIPROCAL TASK SHEET: UNDERHAND SHOT – BACKHAND** |

**Name of Doer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** You will work with two partners on this task sheet. The roles are:

Doer: Using the Backhand hit the shuttle 6 times in a row between the two lines on the wall.

Score Keeper: Count how many times the shuttle lands in the target area. Report score to recorder.

Recorder: Observe doer and record elements performed.

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| (Record date of practice) | Dates | | | | | | | | | | | |
|  | **Y** | **N** | **Y** | **N** | **Y** | **N** | **Y** | **N** | **Y** | **N** | **Y** | **N** |
| 1. Stand 6’ from the wall. Drop the shuttle and hit it underhand to the target area. |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. Shuttlecock held at chest height. |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. Shuttle contacted below waist level. |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. Racquet head below wrist level. |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. Wrist cocked throughout the stroke. |  |  |  |  |  |  |  |  |  |  |  |  |
| 6. Repeat until hit wall 6 times. |  |  |  |  |  |  |  |  |  |  |  |  |
| 7. Accuracy: Hit in target area. |  |  |  |  |  |  |  |  |  |  |  |  |
| 8. Change roles:  Doer →Recorder → Scorekeeper → Doer |  |  |  |  |  |  |  |  |  |  |  |  |

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| **RECIPROCAL TASK SHEET: FOREHAND SMASH TO TARGET** |

**Name of Doer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** You will work with two other people on this task sheet. One will be the Doer, one the Recorder-Observer, and the third the Tosser/Hitter.

Tosser/Hitter: Hit 4 high serves to your partner

Doer: Stand between the centerline and the short service line. Smash the serves into your partner’s court. Try and call the location you are aiming towards.

Observer: Check the doer for the elements listed below.

Rotation: Doer → Tosser → Observer → Doer

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| (Record date of practice) | **DATES** | | | | | | | |
|  | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** |
| 1. Shuttle hit with racquet face square to shuttle’s flight. |  |  |  |  |  |  |  |  |
| 2. Shuttle contacted 12-18” in front of body. |  |  |  |  |  |  |  |  |
| 3. Arm straight at impact. |  |  |  |  |  |  |  |  |
| 4. Continual racquet acceleration throughout swing, impact and follow through. |  |  |  |  |  |  |  |  |
| 5. Did the smash land where doer called it. |  |  |  |  |  |  |  |  |
| 6. Change roles after 4 tries. |  |  |  |  |  |  |  |  |