

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

(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.								