Reciprocal Task Sheet: Flag Football Passing

Doer: _____ **"Retriever"**: _____

Observer: _____

Directions: Student will work in groups of three. Place first and last name on lines provided above. One person performs the task while partner retrieves the ball. Observer checks "yes" or "no" after each performance. Observer will also provide feedback on the performance. Perform task 10 times and rotate positions. Each student will turn in a task sheet.

Objective: The student will perform a flag football pass 10 times using technique demonstrated by the instructor.

Check "Yes" (Y) or "No" (N)

	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
Point shoulder opposite of the throwing arm towards receiver.										
Bring ball up to the throwing shoulder with both hands.										
Throwing hand fingers are placed on laces of the ball.										
Weight on rear leg.										
On throw, step forward with front foot in the direction of the receiver.										
Throwing arm is extended and wrist is flicked upon release.										
Follow through										

Reciprocal Task Sheet: Flag Football Lateral Pass

Doer: _____ **"Retriever"**: _____

Observer: _____

Directions: Student will work in groups of three. Place first and last name on lines provided above. One person performs the task while partner retrieves the ball. Observer checks "yes" or "no" after each performance. Observer will also provide feedback on the performance. Perform task 10 times and rotate positions. Each student will turn in a task sheet.

Objective: The student will perform a lateral pass 10 times using technique demonstrated by the instructor.

Check "Yes" (Y) or "No" (N)

	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
Hold ball in both hands										
Side to target before pass										
Pass ball to partner										
Ball passed sideways or behind										
Ball aimed at chest area										
Follow-through with both hands										
Ball "floats" during pass										
Ball spirals (That's not what you are trying to do in this pass).										