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| **Reciprocal Task Sheet: Catching** |

**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 throws the ball to the catcher. Observer checks “yes” or “no” after each performance while providing feedback. Perform task 10 times then rotate positions. Each student will turn in a task sheet.

**Objective**: The student will catch the football 10 times using form 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** |
| Begin in stationary position facing  the thrower. |  |  |  |  |  |  |  |  |  |  |
| Feet shoulder width apart. |  |  |  |  |  |  |  |  |  |  |
| Hands held at chest anticipating the throw. |  |  |  |  |  |  |  |  |  |  |
| Catch ball with fingers spread  apart and |  |  |  |  |  |  |  |  |  |  |
| Absorb force when ball comes into hands. |  |  |  |  |  |  |  |  |  |  |
| Bring ball into chest upon catch |  |  |  |  |  |  |  |  |  |  |

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