|  |
| --- |
| **Reciprocal Task Sheet: Centering the Ball** |

**Doer**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **“Retriever”**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Observer**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Directions**: Work in groups of three. Place your first and last name on lines provided. One person performs the task while the other acts as a quarterback; the third person is the observer. The observer will check “yes” or “no” in the appropriate box after the task is performed while providing feedback to the doer. Rotate roles after 10 attempts. Each student will turn in a task sheet.

**Objective**: The student will demonstrate the 2, 3, 4-Point Stance 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** |
| Position yourself so that youreach for the ball. |   |  |  |  |  |  |  |  |  |  |
| Bend over and grasp theball over the laces. |  |  |  |  |  |  |  |  |  |  |
| Left hand on top of ball withfingers parallel to the seams. |  |  |  |  |  |  |  |  |  |  |
| Ball tilts slightly upwards. |  |  |  |  |  |  |  |  |  |  |
| Head between the legs.  |  |  |  |  |  |  |  |  |  |  |
| Eyes on the receiver. |  |  |  |  |  |  |  |  |  |  |
| Throw ball between legs. |  |  |  |  |  |  |  |  |  |  |
| Both arms pull backward and upward. |  |  |  |  |  |  |  |  |  |  |
| Ball spirals in air on its way to the quarterback. |  |  |  |  |  |  |  |  |  |  |

