|  |
| --- |
| **Reciprocal Task Sheet: Hand-Off Pass** |

**Doer**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Center**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

**Directions**: You will work in groups of four. Place first and last name on task sheet. One person performs the task, one is the center and the other a receiver. The fourth person is the observer who marks “yes” or “no” in the box after each attempt while providing feedback. Perform the task ten times and rotate positions. Each student will turn in a task sheet.

**Rotation: Passer => Center=> Receiver=> Observer=>**

**Objective**: The student will execute the proper hand-off pass 10 times as 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** |
| Ball is held with both hands.  |   |  |  |  |  |  |  |  |  |  |
| When receiver is 6 feet away,switch ball to hand nearest to receiver. |  |  |  |  |  |  |  |  |  |  |
| Elbow bent and partially away from the body. |  |  |  |  |  |  |  |  |  |  |
| Receiver approaches quarterback with the near armbent and in front of the chest. |  |  |  |  |  |  |  |  |  |  |
| Other arm is about waist high, with the palm up. |  |  |  |  |  |  |  |  |  |  |
| As ball is exchanged, receiver clamps down onthe ball to secure it. |  |  |  |  |  |  |  |  |  |  |

|  |
| --- |
| **Reciprocal Task Sheet: Punting** |

**Doer**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Center**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

**Directions**: Students will remain in groups of four. Place first and last name on lines provided above. One person performs the task, a second person acts as center and the third person retrieves the ball. The fourth person is the observer who marks “yes” or “no” after each attempt while providing feedback. Perform the task 10 times and rotate positions. Each student will turn in a task sheet.

**Rotation: Punter => Center => Retriever => Observer=>**

**Objective**: The student will execute a punt 10 times using technique as 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 a standing position with arms extended to receive the ball.  |   |  |  |  |  |  |  |  |  |  |
| Kicking foot is placed slightly forward. |  |  |  |  |  |  |  |  |  |  |
| Center passes ball to you. |  |  |  |  |  |  |  |  |  |  |
| After receiving the ball, take two steps forward beginning with your dominant foot |  |  |  |  |  |  |  |  |  |  |
| Ball is slightly turned in and held waist high. |  |  |  |  |  |  |  |  |  |  |
| Kicking leg is swung forward, as impact knee is straightened to provide maximum force on kick. |  |  |  |  |  |  |  |  |  |  |
| Toes are pointed.  |  |  |  |  |  |  |  |  |  |  |
| The long axis of the ball makes contact on instep. |  |  |  |  |  |  |  |  |  |  |
| Ball is dropped rather than tossed into the air. |  |  |  |  |  |  |  |  |  |  |