|  |
| --- |
| **Reciprocal Task Sheet: Shoulder and Pass Blocks; Spinning** |

**Doer**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Defensive Player/Blocker**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

**Directions**: You will work in groups of three. Place first and last name on lines provided above. One person performs the task while the other acts as a defensive player or blocker. The third person will be the observer and check “yes” or “no” after each performance while providing feedback to the doer. Perform the task ten times and rotate positions. Each student will turn in a task sheet.

**Objective**:

1. The student will execute the shoulder and block pass 10 times using technique demonstrated by the instructor.
2. The student will demonstrate the proper spinning technique ten times using technique demonstrated by the teacher.

**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** |
| **Shoulder Block** |  |  |  |  |  |  |  |  |  |  |
| Begin in a 3- or 4-point stance. |  |  |  |  |  |  |  |  |  |  |
| Move forward making shoulder contact with defensive player at chest level. |  |  |  |  |  |  |  |  |  |  |
| Head between opponent and the ball  carrier. |  |  |  |  |  |  |  |  |  |  |
| Elbows are out. |  |  |  |  |  |  |  |  |  |  |
| Hands held near the chest. |  |  |  |  |  |  |  |  |  |  |
| **Pass Block** |  |  |  |  |  |  |  |  |  |  |
| Begin in a 2-, 3- or 4-point stance. |  |  |  |  |  |  |  |  |  |  |
| Move backward slightly with your  rear foot as the opponent charges. |  |  |  |  |  |  |  |  |  |  |
| Stay between the quarterback and the rusher. |  |  |  |  |  |  |  |  |  |  |
| **Spinning** |  |  |  |  |  |  |  |  |  |  |
| Jog towards defensive player. |  |  |  |  |  |  |  |  |  |  |
| As defensive player approaches, turn 360 degrees (full circle) in a spinning motion. |  |  |  |  |  |  |  |  |  |  |
| **Fast Footwork** |  |  |  |  |  |  |  |  |  |  |
| Defensive player stays square in front of the ball carrier. |  |  |  |  |  |  |  |  |  |  |

C:\DPESS 7th LP\Clip Art\15759529.wmf