

RECIPROCAL TASK SHEET 6: Shooting Toward Goal

Name: _____ Date: _____

Partner's Names: _____ Period: _____

Directions: Students will work in groups of 4 to complete the task sheet. One student will be the doer, one will be the observer, one will hold the hula hoop target and one will be the ball retriever. Once the doer completes the task five times then switch roles and repeat instructions.

Doer: You will perform the movements listed below as your partner reads them to you.

Observer: Read the instructions to the Doer one item at a time. Look at the performance of the Doer. Offer feedback, then check her/him off in the appropriate column below.

Target/Hoop Holder: You will hold a hula hoop up perpendicular to the ground so that your partner can aim into the hole as his target.

Retriever: You will retrieve the tennis balls thrown at/through the hoop by your partner.

Equipment needed:

- 1 Lacrosse stick
- 5 tennis balls
- One clip board and pencil
- One task sheet per person

Basic Shooting Technique	Yes	No
1. Grip Lacrosse Stick		
2. Stand side to target		
3. Turn non-throwing shoulder toward target.		
4. Stand with feet shoulder width apart.		
5. Draw stick back with elbows out in front of your body similar to a baseball bat starting position		
6. Upper hand draws back and follows through with a wrist snapping action on the throw.		
7. On throwing motion, snap wrist and drop top hand towards the bottom hand		
8. Follow through towards the target.		
9. Shoot all 5 balls toward the target, then rotate.		
10. When your entire group has completed 5 throws, return task sheets to your instructor.		