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| **RECIPROCAL TASK SHEET 1: PASSING, FOOT TRAP, THROW IN, THIGH TRAP** |

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** Work with two other people. One person is the “doer”, one person is the pass receiver, while the other person is the “observer”. The observer reads the information/instructions to the doer, offers verbal feedback, and places a check in the “yes” or “no” column recording the performance of the “doer”. Record the date of the practice. After 5 practices, **rotate roles**. The “doer” becomes the “observer”, the “observer” becomes the receiver. Each person has his/her own task sheet.

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|  | **DATES** | | | | | | | |
| (Record date of practice) |  | |  | |  | |  | |
| **PASSING** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** |
| 1. Use the inside of your foot and pass the ball to your partner standing 10’ away from you. Partner returns ball to you. Repeat 5 times. |  |  |  |  |  |  |  |  |
| 2. Use the outside of your foot and pass the ball to your partner standing 10’ away from you. Repeat 5 times. |  |  |  |  |  |  |  |  |
|  | | | | | | | | |
| **FOOT TRAP** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** |
| 1. Repeat # 1 above and foot trap the ball. |  |  |  |  |  |  |  |  |
| 2. Repeat # 2 above and foot trap the ball. |  |  |  |  |  |  |  |  |
|  | | | | | | | | |
| **THROW IN, THIGH TRAP, FOOT TRAP** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** |
| 1. Throw-in ball to partner, trap with thighs, drop ball to foot trap. Repeat 5 times. |  |  |  |  |  |  |  |  |
|  | | | | | | | | |
| **Turn Completed Task Sheets into Instructor** |  |  |  |  |  |  |  |  |