

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.

	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								
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