

RECIPROCAL TASK SHEET 3

Name: Student "A": _____

Name: Student "B": _____

Directions: Two students will work together. Place both of your names on each task sheet. One individual is the "doer" while the other individual is the "observer". The "observer" reads information/instructions to the "doer", offers verbal feedback, and places a check in the "yes" or "no" columns recording the performance of their partner. When the "doer" has completed an item, the "doer" becomes the "observer" and the "observer" becomes the "doer".

Note: For items 1-5, one pair of students will be working in one-half of the racquetball court while the other pair of students will be working in the other half of the court. In essence, the court will be divided into TWO long narrow areas. Students must stay on their side of the court during item 5.

Items 2-5 are to be done five times before moving to next item.

	Student "A"		Student "B"	
	Yes	No	Yes	No
1. Demonstrate the Backhand Grip you plan to use when hitting a backhand shot.				
2. Demonstrate the Backhand Position for Hitting the ball.				
3. Demonstrate the movement pattern from the Ready Position to Backhand Position.				
4. Demonstrate back swing, backhand stroke and follow through. "NO Ball!"				
5. Complete the drop hit ball drill from the Backhand Position.				
6. Using drop hit ball drill, demonstrate hitting the Backhand Stroke off the lead leg.				
7. Participate in the Rally drill. Backhand Strokes only! "Doer" hits the ball to front wall on their side of the court. When the ball rebounds from the front wall the "doer" hits the ball again (rallies) and continues to do so as long as the ball can be hit with a backhand stroke.				

When all items on Task Sheet have been completed by both students, repeat item 5 if time permits. Submit your completed Task Sheet to the Instructor.