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| **RECIPROCAL TASK SHEET: PASSING AND GOAL SHOOTING** |

**Doer’s Name:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Observer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fielder’s Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Directions:** Work with a partner. Record the dates and check the appropriate response for each checkpoint for each skill listed. Have your partner check you a minimum of 4 times per skill. See your instructor for additional task sheets. Partner (observer) - try to observe no more than two checkpoints at one time. Fielder: retrieve the ball and return to doer. On Penalty Shot, you become the “goalie”. Rotate positions after each person completes one type of shot.

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|  | **DATES** |
| (Record date of practice) |  |  |  |  |
|  | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** |
| **OVERHEAD PASS TEAM HANDBALL** **TO TARGET 10 FEET AWAY** |  |  |  |  |  |  |  |  |
| 1 Eyes on target |  |  |  |  |  |  |  |  |
| 2 Steps into pass |  |  |  |  |  |  |  |  |
| 3 Hits target area |  |  |  |  |  |  |  |  |
| 4 Short of target |  |  |  |  |  |  |  |  |
| **OVERHEAD PASS TEAM HANDBALL** **TO TARGET 15 FEET AWAY** |  |  |  |  |  |  |  |  |
| 1 Eyes on target |  |  |  |  |  |  |  |  |
| 2 Steps into pass |  |  |  |  |  |  |  |  |
| 3 Hits target area |  |  |  |  |  |  |  |  |
| 4 Short of target |  |  |  |  |  |  |  |  |
| **JUMP PASS TEAM HANDBALL** **TO TARGET 5 FEET AWAY** |  |  |  |  |  |  |  |  |
| 1 Eyes on target |  |  |  |  |  |  |  |  |
| 2 Jumps and then passes |  |  |  |  |  |  |  |  |
| 3 Hits target area |  |  |  |  |  |  |  |  |
| 4 Short of target |  |  |  |  |  |  |  |  |
| **JUMP PASS TEAM HANDBALL** **TO TARGET 10 FEET AWAY** |  |  |  |  |  |  |  |  |
| 1 Eyes on target |  |  |  |  |  |  |  |  |
| 2 Jumps and then passes |  |  |  |  |  |  |  |  |
| 3 Hits target area |  |  |  |  |  |  |  |  |
| 4 Short of target |  |  |  |  |  |  |  |  |
| **PENALTY SHOOTING**  |  |  |  |  |  |  |  |  |
| 1. Stand 7 meters from goal with “goalie” 3 meters ahead of you, between you and the goal
 |  |  |  |  |  |  |  |  |
| 1. Keeps foot stationary until ball thrown
 |  |  |  |  |  |  |  |  |
| 1. Releases ball in 3 seconds or less
 |  |  |  |  |  |  |  |  |
| 1. Uses side-arm throw
 |  |  |  |  |  |  |  |  |
| 1. Uses shoulder throw
 |  |  |  |  |  |  |  |  |