

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.

(Record date of practice)	DATES							
	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								
2. Keeps foot stationary until ball thrown								
3. Releases ball in 3 seconds or less								
4. Uses side-arm throw								
5. Uses shoulder throw								