Reciprocal Task Sheet #1: BACKHAND THROW

Doer: _____ **Retriever**: _____ **Observer**: _____

Directions: Student will work in groups of three. Place first and last name on lines provided above. One person performs the task while partner catches/retrieves the Frisbee. The object is to throw the Frisbee using the backhand throw with proper form. Observer checks "yes" or "no" after each performance. Observer will also provide feedback to the doer on the performance. Perform task 10 times and rotate positions. Each student will turn in a separate task sheet.

Objective: The student will throw the Frisbee 10 times towards his partner using the technique demonstrated by the instructor.

Check "Yes" (Y) or "No" (N)

	Y/N	**Y/N**	**Y/N**	**Y/N**	**Y/N**	**Y/N**	**Y/N**	**Y/N**	**Y/N**	**Y/N**
Position lead foot (same as throwing hand) forward in your stance.										
Knees are bent										
Throwing arm is in line with the chest and the Frisbee										
Weight is balanced (not forward or backward)										
The throw starts with a twist of the waist and ends with a flick of the wrist										
On release, the Frisbee hand points at the target										
The Frisbee is released at the appropriate angle										
The Frisbee is released with the right amount of force to throw it to his partner. **REPEAT 10 TIMES.** **ROTATE POSITIONS: Doer becomes Observer, Observer becomes Catcher, Catcher becomes Doer.** **TURN IN PAPERS TO INSTRUCTOR AFTER YOU COMPLETE THE TASKS.**										