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| **Reciprocal Task Sheet: BASKETBALL FREE THROW** |

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Doer**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **“Shagger”**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Observer**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Directions**: You will work in groups of three. Place first and last name on lines provided above. One person performs the task while partner shags the ball. Observer checks “yes” or “no” after each performance and offers meaningful feedback. Perform task 10 times and then rotate positions. Complete a new Task Sheet. Each student will turn in a task sheet.

**Objective**: The student will perform a Free Throw Shot 10 times in a row using 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 shooting hand) just behind the center of the free throw line. |   |  |  |  |  |  |  |  |  |  |
| Knees are soft and bent. |  |  |  |  |  |  |  |  |  |  |
| Shooting elbow is in line with wrist.  |  |  |  |  |  |  |  |  |  |  |
| Ball is on the fingertips. |  |  |  |  |  |  |  |  |  |  |
| Non-shooting hand is placed on the side of the ball. |  |  |  |  |  |  |  |  |  |  |
| Weight is balanced (not forward nor backward.) |  |  |  |  |  |  |  |  |  |  |
| The shot originates from the push of the legs. |  |  |  |  |  |  |  |  |  |  |
| During the shot the elbow is extended and there is a flick of the wrist. |  |  |  |  |  |  |  |  |  |  |
| Doer finishes on his/her toes, with legs and arms extended. |  |  |  |  |  |  |  |  |  |  |
| Doer appears balanced and does not fall forward or backward during shot. |  |  |  |  |  |  |  |  |  |  |

