**Skill Analysis Assignment** Method used for analysis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Using the **FIVE** Phases of Skill Progression use the chart below to analyze the skill you have chosen. You will also provide a video or digital picture of each phase of the skill.

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| --- | --- | --- | --- | --- |
| **Activity:** |  | **Using point form, describe what the skill SHOULD look like at each phase** | **Using point form, describe what the skill DID look like at each phase.** | **Using point form, describe WHAT you could do to improve this phase** |
| **Phase 1** | **Preliminary Movements** |  |  |  |
| **Phase 2** | **Backswing****/Recovery** |  |  |  |
| **Phase 3** | **Force Producing Movements** |  |  |  |
| **Phase 4** | **Critical Instant** |  |  |  |
| **Phase 5** | **Follow Through** |  |  |  |

Self-Reflection Questions:

1. Did I improve my skills after using this process? Explain.

2. Are movement activities more enjoyable when skill level is improved?