

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.

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?