

Outcome 30.5 –Assignment #1 - Skill Analysis Worksheet

Task #1: Select a sport skill that you will use for analysis. List the name of the sport skill and provide a link to some form of media demonstrating the correct execution of your self-selected skill.

Task #2: Create your own checklist of coaching cues from the resource that you have chosen. You will use the checklist to assess your current skill level.

Task #3: Create a video of yourself performing the selected sport skill. Your video should show at least 5 repetitions. Use the Skill Analysis Chart to analyze your current skill level. Remember that no one is perfect. You want to find things that you need to work on. Now you have a starting point from which to work on improvement. You will find the Skill Analysis chart [HERE \(all documents needed for this assignment will be found at this link\)](#)

Task #4: Find drills that work on each of the parts of the skill that you have identified. Some drills may be very specific to a phase of the skill and other drills may work on all of the phases. Provide links to drills that you will be using to improve your selected skill

Task #5: Create and submit a plan to log your perfect practice.

Task #6: Create a rubric that demonstrates improvement over time in your self selected skill. Use the blank rubric worksheet that you will find [HERE \(all documents for this assignment found at this link\)](#)