

TASK ANALYSIS

SKILL: Rebounding

VISUAL DESCRIPTION: Performer stands in an athletic stance facing the basket with elbows bent and slightly out. Performer uses their backside to make contact with their partner. While in contact with their partner the performer manipulates the partner's position; therefore, gaining possession of the ball. Gaining possession of an errant shot

MOVEMENT SEQUENCE

VERBAL CUES

1. Athletic stance

- a. feet shoulder width apart
- b. weight on balls of feet
- c. knees slightly bent
- c. slight bend at the waist
- e. elbows slightly bent and out at waist

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|---|----------------|
| 1. Get inside position on opponent * | Move to basket |
| 2. Block opponent's path to ball * | Box out |
| 4. Turn toward ball * | Turn |
| 5. Catch ball while jumping or boxing out * | Catch ball |
| 6. Protect ball in front of forehead | Protect ball |
| 7. Land in balance | Ready position |

* Denotes the four Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Intermediate

SKILL: Descete

ENVIRONMENT: Open, rebounding by self, rebounding with defensive partner, standard sized ball and basket

CHECKLIST:

Student	Inside position	Box out	Turn toward ball	Catch ball
1				
2				
3				
4				