

TASK ANALYSIS
Worksheet 15

SKILL: person to person defense

VISUAL DESCRIPTION: Performer starts in defensive stance about an arm lengths away from partner. Performer keeps their eyes on their partners stomach. The performer is able to keep their partner in front by being able to quickly move side to side without crossing feet and staying low. preventing offensive player from scoring

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|------------------------------------|
| <p>1. Ready Position</p> <ul style="list-style-type: none"> a. feet shoulder width apart b. weight on balls of feet c. knees slightly bent d. slight bend at the waist e. hands out to the side with arms bent | <p>Ready*</p> |
| <p>2. Slide with lead foot, staying in front of partner</p> | <p>Step/Slide</p> |
| <p>3. Keep kness bent</p> | <p>Stay Low</p> |
| <p>4. Move side to side</p> | <p>Do not cross feet</p> |
| <p>5. Keeping head still</p> | <p>Eyes on Belly</p> |
| <p>6. Hands in front</p> | <p>Fast Hands</p> |
| <p>1. <u>Defensive stance</u></p> <ul style="list-style-type: none"> a. legs shoulder width b. knees bent arms in front | <p>(Ready Position)*</p> |
| <p>2. <u>Defensive shuffle</u></p> <ul style="list-style-type: none"> c. push off far foot step with foot closest to where you are going. | <p>(Do not cross feet)*</p> |
| <p>3. <u>Lead foot</u></p> <ul style="list-style-type: none"> a. stay outside of opponents body. (Beat him to spot) | |
| <p>4. <u>Feet stay close to floor</u></p> | <p>(No hopping)*</p> |
| <p>5. <u>Hands</u></p> | |

a. flick at ball try to knock it away. (Do not reach)*

6. Floor position

a. Stay between player and basket. (Heads up)

* **Denotes the four** Most Critical Points.
COMPLEXITY VARIABLES

LEARNER: beginners

SKILL: serial

ENVIRONMENT: **Open**, gym floor, student's speed, change of direction

CHECKLIST:

Student	Ready position	Defensive shuffle	Lead foot	Hands
1				
2				
3				
4				