

TASK ANALYSIS

SKILL: LAY UP.

VISUAL DESCRIPTION: Performer has the ball in right hand. Performer jumps off the left foot while raising right foot and extending the ball in the right hand toward the basket. After jumping as high as possible the performer releases the ball and follows through point fingers at the basket. Shot that occurs close to the basket on either side of basket by using the backboard. For a right hand lay-up, jump off of left foot. For a left hand lay-up, jump off of right foot.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|---|------------|
| 1. Dribble ball on either side of the basket.
a. Dribble ball with outside hand(right hand) | Approach* |
| 2. Raises right hand and the ball | Reach |
| 3. Jumps off of left foot | Jump* |
| 4. Raises right foot | Opposite* |
| 5. Extends right hand towards basket | Extend |
| 6. Releases ball | Soft/kiss* |
| 7. Follow through | Finish |
| 2. Head up and eyes on basket. | Head up. |
| 3. Perform skip as you approach right or
left side of basket.
a. Go off from inside foot | Skip. |
| 4. Climb with outside leg towards basketball.
a. Drive outside knee up | Climb* |
| 5. Ball transferred to shooting hand.
a. Convert ball from dribble to
outside shooting hand | Transfer* |
| 6. Extend arm and perform lay up.
a. Extend shooting hand up toward
backboard box | Lay it in* |

7. Follow through

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

LEARNER: Beginner

SKILL: Discrete.

ENVIRONMENT: **Open** dominant hand, opponents

CHECKLIST:

Student	Approach	Climb	Transfer	Lay it in
1				
2				
3				
4				