

TASK ANALYSIS

SKILL: Two Hand Bounce Pass

VISUAL DESCRIPTION: Performer stands in ready position, holding the ball at chest level. Hands are on each side of the ball with thumbs pointing back. Performer steps with nondominate foot extending arms straight toward the floor. When releasing the ball the thumbs point down causing backspin on the ball. Passing ball from one person to another with ball hitting floor two thirds of the way to the target.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|-----------------------|
| 1. Ready Position/Athletic Stance <ul style="list-style-type: none">a. Feet shoulder widthb. Weight on balls of feetc. Knees slightly bentd. Elbows bent and out to the side | Stance |
| 2. Hand Position-Two Hand Balance <ul style="list-style-type: none">a. Hands on sides of ball | Hands * |
| 3. Step Toward Target with nondominate foot | Step |
| 4. Extend arms straight toward floor | Push/release* |
| 5. Ball comes in contact so ball bounces to partner's hands | Location, 2/3* |
| 6 Follow Through | Thumbs Down* |
| 7. Ball has backspin | Backspin |

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

LEARNER: Beginner

SKILL: Discrete, 4 of 5

ENVIRONMENT: Closed, Static (Individual/Partner), Moving (Individual/Partner), Target Size,

Distance from Target

CHECKLIST:

Student	Hands	Release	2/3	Thumbs Down
1				
2				
3				
4				