

## TASK ANALYSIS

SKILL: Chest Pass

VISUAL DESCRIPTION: Performer stands in ready position, holding the ball with hands on the side of the ball at chest level. Performer steps with nondominant foot toward target while extending arms and releasing the ball. After the ball is released the thumbs are pointed down causing backspin on the ball. Throwing basketball to partner's chest using a palms out, thumbs down motion.

### MOVEMENT SEQUENCE

### VERBAL CUES

- |  |                     |
|--|---------------------|
| <b>1. Ready Position/Athletic Stance</b>               | <b>Stance*</b>      |
| a. <b>Feet shoulder width</b>                          |                     |
| b. <b>Weight on balls of feet</b>                      |                     |
| c. <b>Knees slightly bent</b>                          |                     |
| d. <b>Elbows bent and out to the side</b>              |                     |
| <b>2. Hand Position-Two Hand Balance</b>               | <b>Hands *</b>      |
| a. <b>Hands on sides of ball</b>                       |                     |
| <b>3. Step Toward Target with nondominant foot</b>     | <b>Step*</b>        |
| <b>4. Extend arms straight toward target</b>           | <b>Push</b>         |
| <b>5. Ball comes flies straight to partner's chest</b> | <b>On a Line</b>    |
| <b>6 Follow Through</b>                                | <b>Thumbs Down*</b> |
| <b>7. Ball has backspin</b>                            | <b>Backspin</b>     |

**\*Denotes the Four Most Critical Points.**

### COMPLEXITY VARIABLES

LEARNER: Beginner

SKILL: Discrete, 4 of 5

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

CHECKLIST:

Student	Stance	Hands	Step	Thumbs Down
1				
2				
3				
4				