

TASK ANALYSIS

SKILL: **JUMP SHOT**

VISUAL DESCRIPTION: Performer stands in ready position with shoulders square to basket. Ball is held near the chest with dominant hand behind the ball and the nondominant hand on the side of the ball. Dominant hand's elbow is in. The performer jumps and at the highest point of the jump they release the ball forming a "goose neck" with shooting hand after the follow through. Movement of ball from hand to basket.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|---------------------|
| 1. Ready Position a. Feet shoulder width apart b. Weight on balls of feet c. Knees slightly bent d. Hands on ball | Ready |
| 2. Eyes should be focused on the target before, during and after the shot. | Eyes* |
| 3. Ball is raised from chest level to head level keeping elbow in | Elbow* |
| 4. Jumps as high as possible | Get up |
| 5. Extend shooting hand toward the basket | Extend |
| 6. Release the ball with finger tips being the last thing to touch the ball. | Fingers* |
| 7. Follow through | Goose Neck* |
| 3. Finger tips should control every shot. | Finger tips. |
| *4. Maintain body balance; try not to lean or fall. | Balance. |
| 5. The shooting hand should follow through toward the basket. | Finish. |
| 6.* Back spin on the ball is desirable. | Spin. |

7.* Generally a higher arc on the ball results in greater accuracy.

Arc.

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

LEARNER: Beginner

SKILL: Discrete

ENVIRONMENT: Basket and lane, 10 feet from basket

CHECKLIST:

| Student | Eyes | Elbow | Fingers | Goose neck |
|---------|------|-------|---------|------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |