

TASK ANALYSIS

SKILL: Overhead Pass (Basketball), two hand

VISUAL DESCRIPTION: **Performer starts in ready position while holding the ball over head.**
 Passing the basketball from one person to another using an over the head motion.

MOVEMENT SEQUENCE

VERBAL CUES

1. Ready Position

- a. Feet shoulder width apart
- b. Weight on balls of feet
- c. Knees slightly bent

Ready

1. Athletic Stance

- a. legs shoulder width
- b. knees bent arms in front

Athletic Stance

2. Hand Position

- a. hands on sides of ball

Hands*

3. Ball Position

- a. overhead

Ball*

4. Step Towards Target

Step

5. Ball Release

- a. hard enough to make it to target

Release*

6. Follow through

- a. arms should end up in front of chest

Finish*

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner

SKILL: Discrete, 4 of 5

ENVIRONMENT: Static (Individual/Partner), Moving (Individual/Partner), Target Size,
 Distance from target. **Opponent**

CHECKLIST:

Student	Hands	Ball	Release	Finish
---------	-------	------	---------	--------

1				
2				
3				
4				