

## TASK ANALYSIS

SKILL: BASKETBALL DRIBBLE(right handed)

VISUAL DESCRIPTION: Performer starts in an athletic stance with right foot slightly in front of the left foot. The left arm is slightly bent and in front of body protecting the ball. Right hand is in contact with the ball only with the pads of the fingers. Movement of the ball from the hand to the floor and back to the hand

### MOVEMENT SEQUENCE

### VERBAL CUES

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. <b>Athletic stance</b> <ol style="list-style-type: none"> <li>a. Feet shoulder width apart(staggered)</li> <li>b. Weight on balls of feet</li> <li>c. legs slightly bent</li> <li>b. Arms bent</li> </ol> </li> <li>2. Left arm is bent in front of body</li> <li>3. Right arm is bent at the side of body</li> <li>4. Right hand moves up down with flexion of the wrist</li> <li>5. Ball is in contact with right hand</li> <li>6. <b>Head position</b></li> <li>3. <b>Hand position</b> <ol style="list-style-type: none"> <li>a. Dominate</li> <li>b. Non-dominate</li> </ol> </li> <li>4. <b>Hand position</b></li> <li>5. <b>Wrist and finger flex</b></li> <li>6. <b>Ball height</b></li> <li>7. <b>Ball position- front of body</b></li> </ol> | <p><b>*Ready position</b></p> <p>Protect</p> <p>Bend</p> <p>Wrist*</p> <p>Pads*</p> <p><b>Look up*</b></p> <p><b>Finger tips</b></p> <p><b>Top of ball</b></p> <p><b>Strong wrist</b></p> <p><b>Waist</b></p> <p><b>Control</b></p> |
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**\*Denotes the Four Most Critical Points.**  
COMPLEXITY VARIABLES

LEARNER: Intermediate

SKILL: Serial (3 out of 4)

ENVIRONMENT: Open, length of gym floor, dominate hand, non-dominate hand, cones, defensive player, standard size ball

CHECKLIST:

Student	Ready position	Wrist	Pads`	Look up
1				
2				
3				
4				