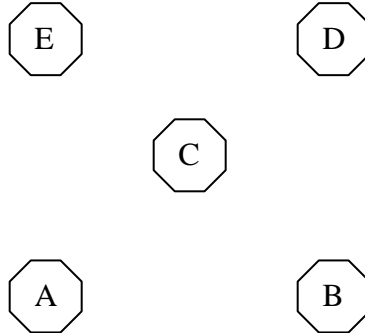


**TASK ANALYSIS
DOT DRILL**

SKILL: DOT DRILL PHASE I “UP & BACK”

VISUAL DESCRIPTION: FIVE DOTS IN AN “X” PATTERN INSIDE A 2’ BY 3’ BOX



MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|---|----------------|
| 1. Athletic stance (feet shoulder width, knees slightly bent)* | Stance. |
| 2. Start at one end with feet on A and B* | Ready. |
| 3. Jump quickly with both feet landing on C.* | Go. |
| 4. Jump again splitting feet to E and D.* | Apart |
| 5. Come back the same way without turning. | Return |
| 6. Repeat 5 more times. | |
| 7. | |
| 8. | |

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner / Intermediate

SKILL: continuous / serial

ENVIRONMENT: Closed

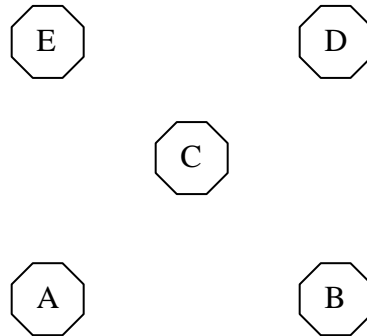
CHECKLIST:

Student				
1				
2				
3				
4				

**TASK ANALYSIS
DOT DRILL**

SKILL: DOT DRILL PHASES II,III,IV “RT, LT, DOUBLE FOOT”

VISUAL DESCRIPTION: FIVE DOTS IN AN “X” PATTERN INSIDE A 2’ BY 3’ BOX



MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|--|-----------------|
| 1. Transition from end of Phase I to Rt. Foot on Dot C* | Right. |
| 2. Hop on Right foot in sequence to D, then E, back to C, then to A, end on B.* | Balance. |
| 3. Repeat 5 more times. | |
| 4. Transition to Phase II, same pattern with Left Foot.* | Left. |
| 5. Repeat 5 more times. | |
| 6. Transition to Phase III, same pattern with Both Feet.* | Both. |
| 7. Repeat 5 more times. | |
| 8. | |

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner / Intermediate

SKILL: Continuous

ENVIRONMENT: Closed

CHECKLIST:

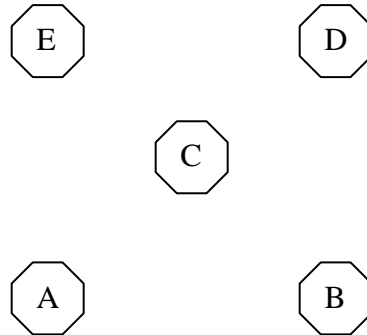
Student				
1				
2				
3				
4				

TASK ANALYSIS

DOT DRILL

SKILL: DOT DRILL PHASE V “TURN AROUND”

VISUAL DESCRIPTION: FIVE DOTS IN AN “X” PATTERN INSIDE A 2’ BY 3’ BOX



MOVEMENT SEQUENCE

VERBAL CUES

1. Transition from end of Phase IV to both feet on Dot C Spin.
2. Jump and split feet to land on E and D.
3. Jump and turn 180 degrees to the right and face opposite way, feet landing again on E and D.* Stay square.
4. Jump and land with both feet on C.*
5. Jump and split both feet to land on A and B.*
6. Jump and turn again 180 degrees to the left, landing with feet split still on A and B.*
7. Repeat 5 more times.
- 8.

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: beginner / intermediate

SKILL: Continuous

ENVIRONMENT: Closed

CHECKLIST:

Student				
1				
2				
3				
4				

