

TASK ANALYSIS
Defense

SKILL: Defense

VISUAL DESCRIPTION: Trying to stop an opponent from scoring or trying to steal the puck from an opponent with as little body contact as possible.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. *Athletic Stance <ol style="list-style-type: none"> a. legs shoulder width b. knees bent arms in front 2. * Grip on hockey stick 3. *Position body in front of opponent 4. Using hockey stick try to get the puck from opponent 5. * No body checking 6. Move toward your goal once puck has been taken or pass to a team mate | <p>Stance</p> <p>Grip</p> <p>Body Position</p> <p>Pick Pocket</p> <p>Contact</p> <p>Move/Pass</p> |
|---|---|

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Middle School

SKILL: Discrete

ENVIRONMENT: open, sticks, pucks, gymnasium, goggles

CHECKLIST:

Student	Stance	Grip	Body Position	Contact
1				
2				
3				
4				