

TASK ANALYSIS
Worksheet 15

SKILL: Blocking (shielding or screening)

VISUAL DESCRIPTION: Performer starts in ready position. On the "go" command performer straightens legs slightly and thrusts hands up and out toward partner keeping flexion in arms. Obstructing an opposing player from getting to the ball carrier

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
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| <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. *Arm position; hands inside shoulders. 3. *Screen defensive opponent. 4. Contact must be minimal and follow rules. 5.* Continue screening until play is over. | <p>Body position</p>
<p>Hands in</p> <p>Screen</p>
<p>Easy</p>
<p>Maintain</p> |
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* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: Beginner

SKILL: Discrete

ENVIRONMENT: footballs, field space or gymnasium

CHECKLIST:

Student	Body position	Hands In	Screen	Maintain
1				
2				
3				
4				