

TASK ANALYSIS
Scooping

SKILL: Converting or Scooping a stationary ball

VISUAL DESCRIPTION: Hold the lacrosse stick with the support hand on the butt end of the stick and the dominant hand about one foot away down the shaft of the stick, (with both thumbs pointing towards the head of the stick). Place the head of the stick on the ground directly underneath and behind the ball. In one quick motion, quickly accelerate the basket forward and up. As soon as the ball enters the stick net, bring the head of the stick behind and above the shoulder preparing to pass or shoot.

MOVEMENT SEQUENCE

VERBAL CUES

1. Ready Position

1. Ready

2. *Position hands properly on stick

2. Position hands

3. * Student places head of stick on ground directly behind ball with basket facing up

3. Stick on ground

4. *Scoop the ball using a shovel motion

4. Scoop

5. Get pocket of stick up high off ground

5. Stick high

6. *Bring head of stick above and behind shoulder

6. Prepare to throw/pass

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Playing experience, skill level, hand-eye coordination

SKILL: Discrete, Closed Loop

ENVIRONMENT: Size of ball, length of stick, speed of player.

CHECKLIST:

Student	Position Hands	Hold Stick to Floor	Scoop	Prepare to Throw/Pass
1				
2				
3				
4				