

**TASK ANALYSIS**  
**Volleyball Block**

SKILL: Block

VISUAL DESCRIPTION: The player jumps up with arms extended overhead and angled to deflect the ball downward at the net.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- |   |                            |
|---|----------------------------|
| <b>1. Feet and shoulders parallel to net</b>              | <b>** face net</b>         |
| <b>2. Body is 6 -12 inches from net</b>                   | <b>distance</b>            |
| <b>3. Hands open at shoulder level<br/>Fingers spread</b> | <b>** hands up</b>         |
| <b>4. Bend knees</b>                                      | <b>bend</b>                |
| <b>5. Jump up &amp; thrust arms up</b>                    | <b>**jump &amp; extend</b> |
| <b>6. Push hands toward net</b>                           | <b>**block</b>             |
| <b>7. Deflect ball downward</b>                           |                            |
| <b>8.</b>   |                            |

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: high skill level, ability to jump\_\_\_\_\_

SKILL: discrete 4/5\_\_\_\_\_

ENVIRONMENT: closed, distance from net, ability to jump, height of student,

CHECKLIST:                      face net                                      hands up  
 jump/extend                      hands block

Student	face net	hands up	
1			
2			

3				
4				