

Task Analysis Foot Dribbling

Visual Description: contact close to personal space, soft touches, down and back, 10 to 15 feet.

Movement Sequence

Action

1.athletic position

2.dribble with soft touch

3.stop ball with foot using bottom of shoe

4.toe pointed out ward for inside touch

5toe pointed inward for outside touch

6.stop ball quickly

7.balanced

8.compact and low to the ground

Movement Cues

stance

soft

bottom of shoe

toe out

toe in.

quick stop

athletic

small or low

- Four most critical points ; soft touches, control, foot position, and stopping

Task Complexity Variables

Instructional Objective Resource Information

Learner:K-2 grade level

Task:foot dribbling down and back using inside and outside of foot

(Criterion)

Environment:outside,40 by 40 yards marked with lines and conesinside

(Condition)

Checklist:

Inside foot				
Outside foot				
control				
speed				
stopping				

