

TASK ANALYSIS WORKSHEET

SKILL: Bounce Pass

VISUAL DESCRIPTION: The student will hold the ball at waist level with both hands and elbows pointing back. Stepping with dominant foot, student shifts weight form back to front of body while pushing the ball towards the ground halfway between the performer and target.

MOVEMENT SEQUENCE

VERBAL CUES

- 1. Ready Position**
 - a. Feet shoulder width apart**
 - b. Knees Bent**
 - c. Waist slightly bent**
 - d. Arms out in front of body**
- 2. Hold ball at waist level with both hands**
- 3. Elbows point outward**
- 4. Step forward with dominant foot**
- 5. Shift weight form back to front of body**
- 6. Push ball with two hands towards ground**
- 7. Follow through with body**
- 8. Shift weight back**

- 1. Ready Position**
 - a. Feet**
 - b. Knees**
 - c. Waist**
 - d. Arms out**
- *2. Hands at waist***
- 3. Elbows Out**
- *4. Step***
- *5. Shift***
- *6. Push ***
- 7. Follow through**
- 8. Shift Back**

*** 4 Most Critical Points. ***

COMPLEXITY VARIABLES

LEARNER: Hand-eye Coordination, Experience, and Skill Level

SKILL: Discrete, Open loop

ENVIRONMENT: Distance, Target Reps, Time Speed, and Opponents

CHECKLIST:

Student	Hands at Waist	Step	Shift	Push
1				
2				
3				
4				

