

TASK ANALYSIS WORKSHEET

SKILL: Chest Pass

VISUAL DESCRIPTION: The student will hold the ball at chest level with both hands, elbows pointing out. Stepping with dominant foot, performer shifts weight form back to front of body while pushing the ball out with both hands toward target, extending arms straight out ending with thumbs pointing down.

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 chest 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 target**
- 7. Extend arms straight out**
- 8. Point thumbs down towards ground**

- 1. Ready Position**
 - a. Feet
 - b. Knees
 - c. Waist
 - d. Arms out
- *2. Hands at chest***
- 3. Elbows Out**
- *4. Step***
- *5. Shift***
- *6. Push ***
- 7. Extend**
- 8. Thumbs down**

*** 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 Chest	Step	Shift	Push
1				
2				
3				
4				