

**TASK ANALYSIS**  
**BASKETBALL CROSS-OVER DRIBBLE TASK ANALYSIS**

**VISUAL DISCRPTION:** Performer assumes a staggered stance with knees bent, weight equally distributed, back and head are erect. With the ball in one hand, all is continuously pushed with the fingertips and the wrist from waist level at the side of the body to the floor. Push the ball across and in front of the body to the opposite hand.

**MOVEMENT SEQUENCE**

**CUES**

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| <ol style="list-style-type: none"> <li>1. Ready position             <ol style="list-style-type: none"> <li>a. Feet staggered</li> <li>b. Knees bent</li> <li>c. Weight equally distributed</li> <li>d. Bend slightly at waist</li> </ol>             (Triple Threat Position)           </li> <li>2. Push ball to one side*</li> <li>3. Use fingertips and wrist at waist level to push bal to the floor*</li> <li>4. Keep ball on the outside of the body*</li> <li>5. Push ball in front and across the body*</li> <li>6. Receive ball with the opposite hand</li> <li>7. Maintain dribble with the opposite hand</li> </ol> <p>*Critical points</p> | <p>Ready position<br/>           Feet apart<br/>           Bend knees<br/>           Even weight<br/>           Bent at waist</p> <p>Push to side</p> <p>Finger and wrist<br/>           Outside of body<br/>           Cross<br/>           Opposite hand<br/>           Dribble</p> |
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**COMPLEXITY VARIABLES**

Learner:	Tracking skills, hand-eye coordination, reaction time, experience
Task:	Discrete, serial, continuous, gross, fine
Environment:	Distance, pattern of travel, opponents, speed, time, angle, shot type (banked, straight), open, closed