

**TASK ANALYSIS WORKSHEET**

**SKILL: Dribbling**

**VISUAL DESCRIPTION: Standing with feet staggered, knees bent and their head up the student will push the ball to the floor using their fingers and fingertips. Using one hand at a time switching when needed and possibly moving forward in a control manner.**

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- 1. Triple Threat**
  - a. Feet Staggered**
  - b. Knees Bent**
  - c. Weight equally shifted**
  - d. Bent at Waist**
- 2. Favorite Arm out in front of you**
- 3. Fingers on one hand spread for control**
- 4. Using your fingertips**
- 5. Push the ball to the floor**
- 6. Non-Favorite hand bent in front of you**
- 7. Head Up**
- 8. Repeat Motion**

- \*1. Triple Threat\***
  - a. Feet Staggered**
  - b. Knees Bent**
  - c. Weight Equal**
  - d. Waist Bent**
- 2. Arms Out**
- 3. Fingers Spread**
- \*4. Fingertips\***
- \*5. Push ball\***
- 6. Arms Bent**
- \*7. Head up\***
- 8. Repeat**

**\* 4 Most Critical Points. \***

**COMPLEXITY VARIABLES**

**LEARNER: Hand-eye Coordination, Control, Accuracy, Distance, Body Pattern, Experience.**

**SKILL: Continuous, Serial**

**ENVIRONMENT: Open Skill, Outside, Inside, Size of Ball, Distance of Travel, Direction of Skill, Speed, Number of Reps.**

**CHECKLIST:**

<b>Student</b>	<b>Triple Threat</b>	<b>Fingertips</b>	<b>Push Ball</b>	<b>Head Up</b>
1				
2				
3				
4				