

**TASK ANALYSIS WORKSHEET**

**SKILL: Lay up**

**VISUAL DESCRIPTION: The student begins by holding the ball on the dominant side of the body. The student steps forward with non-dominant foot with the knees going up as the dominant elbow goes up (like there is a string attaching knee and elbow). The student will balance the ball in the dominant hand and flicks the wrist down sending the ball into the basket following through as the student's body continues to travel under the basket.**

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- 1. Hold the ball on dominant side of body**
- 2. Non-dominant footsteps forward**
- 3. Dominant knees slides up**
- 4. Dominant elbow moves upward**
- 5. Balance ball in dominant hand**
- 6. Flick your wrist upward**
- 7. Body Follows through under the basket**

- 1. Dominate pocket**
- \*2. Step Non-dominant**
- \*3. Knee up**
- \*4. Elbow up**
- 5. Balance Ball**
- \*6. Flick up**
- 7. Follow through**

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

**COMPLEXITY VARIABLES**

**LEARNER: Hand-eye Coordination, Experience, Reaction Time, and Skill Level**

**SKILL: Discrete, Gross**

**ENVIRONMENT: Distance, Target, Reps, Time, Speed, Body Position, Height,  
Location of basket, and Opponents**

**CHECKLIST:**

<b>Student</b>	<b>Step Non-dominant</b>	<b>Knee up</b>	<b>Elbow up</b>	<b>Flick up</b>
1				
2				
3				
4				