

TASK ANALYSIS
ONE HAND SET SHOT TASK ANALYSIS

VISUAL DESCRIPTION: Performer assumes the triple threat position from which the ball is launched using the dominant hand extending the arm and body, snapping the wrist toward the basket.

MOVEMENT SEQUENCE

1. Ready position
 - a. Feet staggered
 - b. Knees bent
 - c. Weight equally distributed
 - d. Bend slightly at waist(Triple Threat Position)
2. Dominate foot forward
3. Point dominant elbow toward basket*
4. Make platform with fingers of hand*
5. Place non-dominant hand as guide*
6. Straighten body and reach toward basket
7. Extend elbow, snap wrist upon release of ball*
8. Follow though in direction of basket

- Critical points

CUES

- Ready position
Feet apart
Bend knees
Even weight
Bent at waist
- Dominant foot out
Point elbow
Platform with fingers
Guide hand
Straighten and reach
Gooseneck
Follow-though

COMPLEXITY VARIABLES

Learner: Tracking skills, hand-eye coordination, reaction time, experience

Task: Discrete, gross

Environment: Distance, pattern of travel, opponents, speed, time, angle, shot type (banked, straight), open, closed

TASK ANALYSIS
BASKETBALL CROSS-OVER DRIBBLE TASK ANALYSIS

VISUAL DISCRIPTION: 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

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

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

TASK ANALYSIS
BASKETBALL OVERHEAD PASS

VISUAL DISCRIPTION: Student holds ball above head with both hands, elbows pointing out. Stepping with dominate foot, rock weight from back to front of body while pushing the ball out with both hands towards the target, extending arms out ending with thumbs pointing down.

MOVEMENT SEQUENCE

CUES

1. Start in ready position
 - a. feet shoulder width apart
 - b. waist slightly bent
 - c. arms above head
 - d. knees bent
2. Both hands on ball above body*
3. Elbows pointing out
4. Step with dominate foot (writing side)*
5. Rock weight from back to front
6. Pushball out with both hands towards target*
7. Extend arms straight out*
8. Thumbs point down

1. Ready
2. Hands over head*
3. Elbows out
4. Step*
5. Rock weight
6. Push both hands*
7. Arms out*
8. Thumbs down

* Critical Points

COMPLEXITY VARIABLES

Learner:	Hand-eye coordination, experience, skill level
Task:	Discrete, open loop
Environment:	Distance, target, reps, time, speed, opponents

TASK ANALYSIS
BASKETBALL DEENSIVE SHUFFLE

VISUAL DISCRIPTION: Feet are shoulder width apart, knees bent at 90 degrees. Hips are back, with the chest out. Arms out in front of the body, palms up. Slide feet, but don't let them touch, and stay in basketball position while sliding.

MOVEMENT SEQUENCE

CUES

1. Start in ready position
 - a. feet shoulder width apart
 - b. waist slightly bent
 - c. arms in front of body
 - d. knees bent
2. Keep knees at 90 degrees*
3. Pick up feet while shuffling*
4. Arms out to stop player or ball
5. Shoulders stay pointed at ball and player*
6. Head is watching the ball and player*

1. Ready
2. Knees at 90
3. Pick up feet
4. Arms out
5. In front
6. Head up

* Critical Points

COMPLEXITY VARIABLES

Learner:	Hand-eye coordination, experience, skill level
Task:	Continuous, open loop
Environment:	Distance, reps, time, speed, opponents

