

TASK ANALYSIS
Tackling/Defense

VISUAL DESCRIPTION: Player will move toward opponent with eye on puck. The player will use the stick to take the puck away from opponent.

MOVEMENT SEQUENCE

VERBAL CUES

- | | |
|---|-------------------------|
| <p>1. Ready Position
 a. feet staggered
 b. knees bent
 c. weight even, bend at waist</p> | <p>Ready*</p> |
| <p>2. Grip: hands a forearm distance apart with Dominant hand on bottom</p> | <p>Grip*</p> |
| <p>3. Move toward opponent with eyes on puck</p> | <p>move*</p> |
| <p>4. Lean body forward</p> | <p>lean</p> |
| <p>5. Keep blade of stick close to the ground</p> | <p>blade low</p> |
| <p>6. Place blade of stick against puck</p> | <p>puck*</p> |
| <p>7. Take puck when it is off of opponent's stick</p> | <p>steal</p> |
| <p>8. Dribble or pass to a teammate</p> | <p>pass</p> |

* 4 Most Critical Points.

COMPLEXITY VARIABLES

LEARNER: 3-5th grades, eye-hand coordination, tracking skills

SKILL: discrete

ENVIRONMENT: distance, speed of opponent, open, size of equipment

CHECKLIST:

Student	Ready	Grip	Move	Puck
1				
2				
3				
4				