

**TASK ANALYSIS**  
**Dribbling**

**VISUAL DESCRIPTION:** Using an athletic stance the puck is moved along the ground, using a hockey stick in a controlled manner. The stick is held with both hands but is moved with the shoulders.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- |  |                           |
|--|---------------------------|
| <b>1. Feet shoulder width apart and staggered</b>  | <b>Stance</b>             |
| <b>2. Hands should be spread apart a forearm<br/>Length with dominant hand on bottom</b>                   | <b>Grip*</b>              |
| <b>3. Body slightly leaning forward and knees bent</b>   | <b>Lean</b>               |
| <b>4. Move stick by using shoulder</b>   | <b>Shoulder*</b>          |
| <b>5. Using forearm pass, push puck to dominant side</b>   | <b>Forearm pass*</b>      |
| <b>6. Stop puck with stick on non-dominant side and push<br/>Back to dominant side using backhand pass</b> | <b>Backhand pass*</b>     |
| <b>7. Continue passing back and forth</b>  | <b>Continue dribbling</b> |
| <b>8. Look up</b>  | <b>Eyes on target</b>     |

\* 4 Most Critical Points.

**COMPLEXITY VARIABLES**

LEARNER: Beginner – experienced, eye-hand coordination, reaction time

SKILL: Continuous

ENVIRONMENT: Speed, time, distance, pattern of travel

**CHECKLIST:**

| Student | Stance | Grip | Forearm pass | Backhand pass |
|---------|--------|------|--------------|---------------|
| 1       |        |      |              |               |
| 2       |        |      |              |               |
| 3       |        |      |              |               |
| 4       |        |      |              |               |