

**TASK ANALYSIS**  
**Stick Handling**

**VISUAL DESCRIPTION:** With proper grip and stance student will maintain control of the puck with different movements and balance.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- |   |                |
|---|----------------|
| <b>1. Stance: feet shoulder width, staggered, knees bent</b>          | <b>Stance*</b> |
| <b>2. Hands spread apart a forearm length with dom hand on bottom</b> | <b>Grip*</b>   |
| <b>3. Hands away from body</b>  | <b>Hands</b>   |
| <b>4. Transfer weight from left to right</b>                          | <b>Sway*</b>   |
| <b>5. Roll wrist</b>  | <b>wrist</b>   |
| <b>6. Cup puck</b>  | <b>cup</b>     |
| <b>7. Lift stick up and over the puck</b>                             | <b>lift*</b>   |
| <b>8.</b>   |                |

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

**LEARNER:** 3-5, hand-eye coordination, balance, reaction time

**SKILL:** continuous, closed,

**ENVIRONMENT:** surface, eyes open or closed, pattern of travel

**CHECKLIST:**

Student	Stance	Grip	Sway	Lift
1				
2				
3				
4				