

TASK ANALYSIS

UNIT: Manipulative Skills

SKILL: The Proper Basketball Lay-Up

GLCEs: M.MS.07.05, M.TG.07.02, K.FB.07.01, A.PA.07.01, B.ID.07.01

VISUAL DESCRIPTION: Approach the basket on a 45 degree angle. Take two steps, first step with the outside foot followed by the second step of the inside foot. Lift the ball to approximately eye level with both hands. Place the shooting hand behind and under the ball. Place the non-shooting hand on the side of the ball. Jump off of your inside foot, release the ball by following through with your wrist and aiming the ball directly at the top corner of the backboard. Gently bank the ball off the backboard and through the hoop.

<u>MOVEMENT SEQUENCE</u>	<u>VERBAL CUES</u>
1. Attack the basket at a 45 degree angle.	45
2. Step with outside foot, then with inside foot.	OUTSIDE, INSIDE
3. Place the ball at eye level and jump off of inside foot.	JUMP
4. Gently shoot the ball at the top corner of the backboard.	RELEASE

TASK COMPLEXITY VARIABLES

Each student will perform and convert at least four out of five layups at different distances (block & 3-point line) using mature form & footwork as explained in the movement sequence and verbal cues.

Action – Perform layup using mature form & footwork

Condition – Complete layup from starting at the block and then the 3-point line

Criterion – Make 4 of out 5 attempts

DRILLS/ACTIVITIES TO DEVELOP THE SKILL-

1. Practice Session:

- a. Students will be broken down into groups. Each group will get a basket where they can practice the proper form layup. I will move around to each station teaching and assessing.

Equipment needed: basketballs, multiple basketball hoops

2. Mikan Drill:

a. Students will line up at their basket one at a time and see how many proper form layups they can make in 1 minute. Participants must alternate sides after each shot and maintain proper form on both sides of the hoop. I will keep track of everyone's scores to see if they can beat it by the end of the unit.

Equipment needed: basketballs, multiple basketball hoops