

SKILLS IN THE SPOTLIGHT

Define skill in relation to a basketball lay-up.

Place a basketball lay-up on the simple-complex continuum.

Place a basketball lay-up on the low organisation-high organisation continuum and explain your decision.

Explain why the lay-up is more complex than simple.

Explain why the lay-up is placed towards the open end of the continuum.

Place a basketball lay-up on the open-closed continuum.

Basketball - Lay-Up



SKILLS IN THE SPOTLIGHT

A learned action performed with control to produce an effective outcome.

Towards the complex end.

Towards the high-organisation end.
Movement pattern is fixed and structured.
Skill must be performed in a specific sequence to be effective

Presence of defenders;
unpredictable environment; decisions must be made.

Requires coordination of running, jumping and shooting; timing is important.

Towards the open end

Basketball - Lay-Up

