

Sample Program Objective for a Fundamental Motor Skill: Foot Dribble

Competence Defined:

Demonstrate correct form while dribbling a ball at a moderate speed and incorporating stops and starts and left and right turns in the context of playing in a dribbling game or activity without losing control of the ball on at least two of four trials. Competence must be demonstrated on at least two consecutive observations.

Criteria:

- a. Approach the ball at a slow jog, maintaining all elements of good running form.
- b. Place the support foot (non-kicking foot) to the side and slightly behind the ball by taking a natural running stride.
- c. Rotate the dribbling leg and foot outward as it moves forward to contact the ball.
- d. Maintain a slight forward trunk lean, and keep the arms in a natural cycle with the running pattern as the kicking leg moves forward.
- e. Contact the ball with the broad region of the inside of the foot and inside of the instep, keeping the ankle fully extended and toes turned outward.
- f. Push the ball forward and slightly across the body approximately three feet.
- g. Follow through after kicking the ball by rotating the kicking foot and leg back into a natural running stride position and continue running.

Components of a Functional Objective:

Condition:

In the context of playing in a dribbling game or activity with stops, starts and turns

Behavior:

Dribble a ball with the feet

Criteria:

Listed as letters "a" through "g"

Standard of Performance:

Demonstrate correct form without losing control of the ball on at least two of four trials

Stability Ratio:

Two consecutive observations