

Retaining an Object: Success Criteria

Description: Retaining or controlling an object with the hand, the foot or with an implement.

Examples: carrying, dribbling, stickhandling.

Applying Movement Skills:

- I can keep the object close to my body.
- I can keep my body between the defender and the object.
- I can position the object to keep the object away from my defender.
- I can keep my head up to see where my teammates and opponents are in the playing area.
- I can make contact with the object with appropriate placement of my hands, my feet or an implement.
- I can carry an object while moving toward the goal.

Combining Manipulation with Locomotion Skills:

- I can move in a variety of directions and pathways while maintaining possession of an object.
- I can receive and re-position an object to dribble or carry it while moving.
- I can continue to move toward my target without pausing to receive and carry an object.

Applying Movement Concepts:

- I can dribble or carry an object when challenged by a defender.
- I can dribble or carry an object while avoiding obstacles.
- I can change my speed while dribbling or carrying an object.
- I can stop or start my movement while dribbling or carrying an object.
- I can adjust to environmental conditions when dribbling or carrying an object.
- I can maintain appropriate contact with the object using my hands, feet or implement while moving toward the goal.
- I can change where I dribble or carry an object based on the position of my teammates and my opponents.

Applying Movement Principles:

- I can raise my centre of gravity and narrow my base of support to carry an object after receiving it.
- I can keep a stable base of support while dribbling an object.
- I can exert the appropriate amount of force to maintain possession of an object with my hands, feet or implement.
- I can apply force to an object to move it in the direction of travel or the target.

Thinking About Performance (Living Skills):

- I can analyze my retaining skills to make adjustments to be successful in a variety of games.
- I can refine my retaining skills by using feedback from others.
- I can use my critical thinking skills to decide my next action while successfully retaining an object.

Improving Performance:

- What do you need to do to maintain possession of an object while being opposed by a defender?
- While dribbling or carrying an object what factors do you need to think about to determine your next action?
- What key skills do you need to refine to transfer your retaining skills from one type of game to another?