

A Free Throw In Basketball

Muscular involvement

I think that some of the movements involved and some are gross. For example the movement of the arms is quite gross but the back spin placed on the ball by the rolling of the fingers is fairly fine. For these reasons I would put this skill in the middle of the continuum.

Environmental influence

This skill is entirely closed. This is because there are no external factors at all. This is because it is indoors so the environment is predictable and it is in closed play so there is no influence by other players.

Continuity

I think that on the continuity continuum a free throw is discrete. This is because the skill can be repeated but the performer starts again. There is a clear beginning and an end.

Pacing

I think the pacing of the skill is entirely self-paced. It is a skill in which the performer has complete control over the rate at which the action takes place. This is because there is no external environment so the player is free to execute the move when they like.

Difficulty

I would say that the difficulty of the move is fairly simple, placing the skill near to the simple end of the continuum. This is because it involves one simple movement shooting towards the ring. But for a higher chance of a successful shot back-spin is required and this can be harder to learn.

Organisation

Shooting a free-throw would be at the high end of the organisation continuum because it cannot really be broken down into smaller parts. It is just one flowing movement, which doesn't have any sections to it.