

GCE Physical Education – Exemplar Materials

Unit 2: The Critical Sports Performer (6PE02)

Task 2.4 – Performance analysis (Football)

Mark band four (19-24):

“The student has produced a very good standard of analysis tasks which have enabled them to demonstrate a clear knowledge and understanding in their chosen performance role.”

General comments

This is a detailed and well presented piece of work. The specification requirements have been covered and the candidate demonstrates a high level of knowledge and understanding of the majority of areas covered. The information and analysis is presented in a structured way and photographs have been used to illustrate some of the points made. Annotating certain images would have allowed for a greater degree of analysis to be made. There is evidence of some research although much of the language lacks a measure of technical detail and clarity which would have benefited from greater research in some sections.

Content

2.4.1 – Technical analysis of four core skills

Four appropriate core skills have been identified. The descriptions are lengthy and some photographs have been used to illustrate points, although some of the language is a little rudimentary (for example ‘Twist your hip back in line with your other hip’ and similar phrases are used in several places).

Physiological and mechanical aspects have been described but the application of this detail would have been better served with the use of labelled diagrams, as some of the work lacks clarity. There is a brief explanation about the tactical use of the technique and a comparison to the elite model but this lacks a little depth and detail, which might have better achieved with the use of clearly labeled diagrams to make technical points more definitive.

2.4.2 – Tactical analysis

The candidate considers various appropriate tactics used in open play, such as defending (man to man v zones) and systems of play and briefly refers to how they are utilised by his own team and certain elite sides.

This is mainly a series of personal observations and descriptions and there is little serious analysis. Reference is made to aspects of sports psychology but this is at a very basic level (“getting into the ear of ... mocking ...opponents”); there are few technical terms and no evidence of any serious research. The work on formations would certainly have benefited from the use of appropriately labelled diagrams.

2.4.3 - Notational analysis

A total of three notations have been undertaken, including that of two elite performers which provides an ideal opportunity for analysis. Each notation has a qualitative description of the match performance but reference to the data collected would have added to the depth to the analysis offered. The candidate has concluded this section by identifying what has been learned about how his own game might be improved but this needed to have referred to the data collected and considered. A table of data summarising all three notations would have helped the final analysis.

2.4.4 - Training analysis

Much of the work here focussed on three training sessions undertaken, together with an overview of an eight week programme, which are important aspects of this work. There is some application of the FITT principle and a basic elite team comparison. More information though is needed about resistance levels, heart rate / training zones, repetitions/ sets etc. Greater analysis of training programmes is needed to enable candidates to achieve maximum marks here.

Reference to key components of fitness, application of principles (other than FITT) and alternative training methods would also add depth to this section.

2.4.5 - Strengths and weaknesses

The candidate has provided a personal appraisal of strengths and weaknesses which is an important aspect of this section. The candidate rightly has made reference to physiological, technical, tactical and psychological aspects of performance as suggested in the Internal Assessment Guide. The candidate has also prepared a plan of action to address key areas for future development, which is good practice.

Peer and/or coach assessments to provide additional depth and detail would be considered relevant for a higher mark here and it would be helpful for the candidate to link this work to the A2 Development Plan.

Task 2.4 — Performance Analysis	
Technical Analysis	5/6
Tactical Analysis	3/6
Notational Analysis	4/6
Training Analysis	4/6
Analysis of strengths and weaknesses	4/6
Total	20/30

Assignment 1

Four Core skills

Skill – Short Passing

Justification: Short passing is used as a simple way to give the ball to your team mate. It helps your team to keep possession and move the ball around the pitch. This is the easiest and sometimes advantageous type of pass as it carries the lowest risk of interception and also gets the ball moving quickly. Short passing is mostly about choosing the best pass to make and about making sure you put the correct amount of pace and aim on the ball so as to get it to your team mate for them to spread the ball further. As a 'winger' I use the short pass to keep possession in the midfield and to get the ball to the strikers to attack.

Technical:

- **Preparation** – You place your standing foot next to the ball, however not so close as to get in the way of striking the ball, have your foot pointing in the direction in which you want the pass to go. Raise your kicking leg at the hip and rotate the hips 90 degrees, have your foot inside of your boot facing the ball. If the pass needs extra power and pace on it twist your arms in the direction of your hip. Take a look up to the direction to where you are going to pass the ball so you know where the ball should be aimed. The leg is also flexed at the knee during the preparation.
- **Execution** – Twist your hip back in line with your other hip. Move your leg forward as you do this moving your lower leg at the knee to add speed to the movement keep your foot placed sideways with the inside of the foot placing the ball and making contact with the ball in the middle of it with the inside of your foot as this is the biggest part of your foot and therefore you can make the pass more accurate. The kicking begins to extend at the knee.
- **Result and recovery** – After you have made contact with the ball follow your foot through in the direction of the ball and move your arms across your body. Move your kicking leg then back towards the centre of your body



and place your foot back on the floor. Both legs extend so as to return to the normal body position and your body and hips straighten up.

Mechanical & Physiological:

- **Muscles used** – Quadriceps, Gastrocnemius, Abdominals, Latissimus Dorsi, Hamstrings, External Obliques, Biceps, and Triceps.
- **What happens during movement?** :

During the preparation of the pass on the standing leg eccentric contraction occurs at the Gastrocnemius causing extension at the knee joint and also as the whole leg extends it causes eccentric contractions in the Hamstring and concentric contraction at the Quadriceps. On the kicking leg concentric contraction occurs at the Hamstring causing flexion at the knee joint and the Quadriceps eccentrically contract. During this to cause the twisting of the hips for balance and power eccentric contractions occur at both the External Obliques (right side) and Latissimus Dorsi. The Abdominals, during this, concentrically contract and the hip twists back and leg moves backward in preparation for striking the ball.

During the execution the Hamstring begins to eccentrically contract, eccentrically contracting the Gastrocnemius and concentrically contracting the Quadriceps means the leg extends at the knee joint as the leg and foot moves towards the ball. As the hips twist back around whilst the leg moves eccentric contraction occurs at the Abdominals and the External Obliques contract concentrically.

During the recovery the Hamstring is extended fully and the Gastrocnemius is fully extended with the Quadriceps relaxed as the leg follows through and stretches out in the direction of the ball. The hips twist round to the other side of the body and eccentric contraction occurs at the Abdominals with concentric contractions occur at the External Obliques. The twisting of the hips adds balance to the movement and also adds speed to it increasing the power in the pass that is played. This is usually more common with long passes but occurs slightly in short passes for balance purposes.

Tactical:

Short passes occur all the time in football games, they can be used for attacking purposes and defending purposes. When attacking passing can be used to move the ball around the pitch and move it forward into attacking positions in order to make an assist for a goal. For defending the short pass can be used to play the ball out of trouble and to get the ball out of their own half without clearing the ball using a long pass and risking losing possession of the ball. The short pass is the least risky type of pass and can also be used tire out the opposition by passing the ball around and making the opposition chase the ball around whilst you keep hold of the ball without risking losing it. For my position short passes are used in both these occasions as, as a midfielder I have to attack and defend and the short

pass can be used instead of a cross to trick the opposition. I use short passes instead of crosses especially when playing a team with tall defenders so that I do not play a risky ball in the air which will most likely be won by the defender.

Comparison:

For the comparison I will be comparing myself to Xavi a central midfielder that plays for Barcelona and Spain and is considered as the best short passer of the ball in the world. I have used my comparison against him to compare my technique against the best in the world so that I can see my weaknesses.



- As shown by the pictures a weakness that I immediately notice is that when passing the ball my head is more down whereas Xavi has his head up looking towards where he is aiming the ball. This enables him to have more accuracy on his pass as throughout his movement he knows where his team mate is and he can pass the ball directly to them even if they move in a different direction.
- Another difference that I have noticed is that when passing the ball his standing leg is on an angle and is more or less straight whereas my standing leg on this image is straight down towards the ground and is slightly bent at the knee. This could be due to his pass being in a game situation and mine was just during practice and so when he passed the ball he would have been moving on the ball whereas I was in a static position before I passed the ball.
- Another difference that I have noticed is that his kicking foot, as this is on the recovery part of the pass, is pointing towards the ball whereas my foot is still facing sideways at the angle at which I passed the ball. This would mean his pass would be more accurate as he would be able to angle the ball in order to place it better and get it directly to the player it is intended to go. This once more could be due to the difference in situation when passing the ball.

- I believe that even though there are a few comparisons between our passing techniques this could be due to the situation when passing but still during game situations Xavi has a much more accurate passing and makes much more passes in a game that get to the intended player and are not intercepted or go astray. However still I do believe I have a good passing technique and ability which is needed for my position.

Assignment 1

Four Core skills

Skill – Long passing (crosses)

Justification – Long passes in the form of crosses is a way of getting the ball into the box when attacking without the ball being blocked so that you can get the ball to your team mate to create a goal scoring opportunity either along the floor or in the air for a header. Crosses are usually played in the air so to create opportunities for headers to be scored. This can be quite a risky pass type as there is a virtual 50/50 chance that your team mate will win the ball, however if the pass is good enough then it can become very dangerous to your opposition and can give your team a good chance of scoring a goal. In my position as a winger I use this type of pass a lot as I have possession of the ball on the wing and so to get the ball to the strikers on my team this pass can be used to my advantage and I have assisted a lot of goals using this type of pass.

Technical:

- **Preparation** – You place your standing foot next to the ball, have your foot pointing in the direction in which you want the pass to go. Raise your kicking leg at the hip and extend it at the knee as you pull it backwards in preparation to strike the ball. Rotate the hips 90 degrees, have your foot pointing towards the ball in preparation to strike it with the instep of the laces. Have the arm on the side of the kicking foot extended out at your side to create balance and your other arm raised and slightly flexed at the elbow also for balance purposes. Take a look up to the direction to where you are going to pass the ball so you know where the ball should be aimed.
- **Execution** – Twist your hip back in line with your other hip. Move your leg forward as you do this moving your lower leg at the knee to add speed to the movement. Keep your kicking leg next to the ball. As you strike the ball lean backwards so that your body isn't over the ball so as to add height to the ball when you strike it. Have your foot pointing down and strike the ball at the bottom of it and across the side of the ball so as to lift it more and to add a bit of curl on it. As the leg moves down it will move from a flexed position to a nearly extended position as you hit across the ball and place the leg at an angle. Keep the arm on the side of the kicking foot extended out at your



side but move it slightly lower as you move your hips to create balance and keep your other arm raised and slightly flexed at the elbow also for balance purposes.

- **Result and Recovery** – After you have made contact with the ball follow your foot through in the direction of the ball and extend it at the knee. Move your arm at the side of the kicking foot up behind you and move your other arm forwards but lower it in order to keep and maintain the balance. Slightly flex the knee on the standing foot to maintain balance as your body leans back.



Mechanical & Physiological:

- **Muscles used** – Quadriceps, Gastrocnemius, Abdominals, Latissimus Dorsi, Hamstrings, External Obliques, Biceps, and Triceps.
- **What happens during movement? :**

During the preparation of the pass on the standing leg eccentric contraction occurs at the Gastrocnemius causing extension at the knee joint and also as the whole leg extends it causes eccentric contractions in the Hamstring and concentric contraction at the Quadriceps. The kicking leg extends at the knee as it is pulled backwards causing eccentric contraction at the Hamstring and Gastrocnemius which cause the leg to straighten, the Quadriceps slightly relax as the leg is lifted up. Both arms are extended at the elbow which means the Biceps will be eccentrically contracted meaning due to them being an antagonistic pair the Triceps will be relaxed and concentrically contracted. However the arm above the leg placed at the side of the ball is slightly more bent at the elbow meaning there is slight concentric contraction occurring at the Bicep and slight extension and concentric contraction at the Triceps. During the execution the Hamstring eccentrically contracts as the leg moves towards the ball, eccentrically contracting the Gastrocnemius and concentrically contracting the Quadriceps means the leg extends at the knee joint. As the hips twist around whilst the leg moves eccentric contraction occurs at the Abdominals and the External Obliques contract concentrically. The arms stay extended at the elbow meaning still the Biceps eccentrically contract meaning due to them being an antagonistic pair the Triceps will be relaxed and concentrically contracted.

During the recovery the Hamstring is extended fully and the Gastrocnemius is fully extended with the Quadriceps relaxed as the leg follows through and stretches out in the direction of the ball. The hips twist round to the other side of the body and eccentric contraction occurs at the Abdominals with concentric contractions occur at the External Obliques. The arms both extend at the elbow in opposing directions meaning the Biceps will be eccentrically contracted and so due to them being an antagonistic pair the Triceps will be relaxed and concentrically contracted.

Tactical:

Long passes in the form of crosses occur when the attacking team has the ball down the wing so that they can cross the ball into the box in order to create a goal scoring opportunity. However sometimes the cross is used to switch the play to the other side of the pitch quickly in any area of the pitch. Crosses are a good way of creating goal scoring opportunity as they are direct balls into the defending team's penalty area creating opportunities for the attacking team to score. In my position I use crosses frequently as I am in the position to play balls into the box as I move up and down the wing and usually get the ball to the byline to play balls into the box and I have used this type of pass to assist many goals throughout my time playing football.

Comparison:

For the comparison I will be comparing myself to David Beckham of LA Galaxy who is considered as the best crosser of the ball in the world. I have used my comparison against him to compare my technique against the best in the world so that I can see my weaknesses.



- As shown by the pictures a weakness that I immediately notice is that when crossing the ball Beckham is leant back a lot more than I am this would give his cross more height and so depending on how much height you want on your cross will depend on how much you need to lean back.
- Another difference I have noticed is that when crossing the ball both his arms are down to his side this would mean that his body would be at a different angle meaning he can get more curl on the ball when he crosses it in.
- Another difference I have noticed is the ball with a larger part of his foot meaning he can put also more curl on the ball and also more accuracy when crossing the ball.
- I consider myself as a good crosser of the ball and I believe that this is the best aspect of my game. However compared to the best I can see where my weaknesses lie and using this I can add these different points to my technique to increase my ability at this skill.

Assignment 1

Four Core skills

Skill – Shooting

Justification – Shooting is used in a football game to score a goal by striking the ball into the goal. The type of shot I will be specifically doing is the drive this is a type of shot which is more focused on striking the ball hard and is used more during games when shots are taken from further away as driven shots have a lot more power behind them. In my position on the wing I use the drive shot as I am a very attacking midfielder and as I am predominantly right footed and I play on the left side of midfield then I cut inside and take a driven shot from outside the box.

Technical:

- **Preparation** – You place your standing foot next to the ball. Raise your kicking leg and extend it at the knee as you pull it backwards in preparation to strike the ball, as you pull your leg backwards your lower leg will move up and slightly flex at the knee so as to create more power behind the shot. Rotate the hips only slightly to create more power however not too much as you need to be able to strike down the middle of the ball, have your foot pointing towards the ball in preparation to strike it with the laces. Have the arm on the side of the kicking foot extended out at your side to create balance and your other arm raised slightly and flexed also for balance purposes. As you prepare to strike the ball keep your eyes on the ball so as to make sure you don't miss the ball.
- **Execution** – Keep your hips square as you make contact with the ball. Move your leg forward, moving your lower leg at the knee to add speed to the movement. Keep your kicking leg next to the ball. As you strike the ball make sure your knee of your standing leg is in a position where the knee is over the ball as you strike it so as to drive the ball hard and low when you make contact with it. Have your foot pointing down and strike the ball in the middle of it and with the laces part of your boot. As the leg moves down it will move from a flexed position and begin extending but will still be flexed at the knee as you make contact. Keep the arm on the side of the kicking foot extended out at your side but move it slightly lower as you move your hips to create balance and keep your other arm raised also for balance purposes.



- **Result and Recovery** – After you have made contact with the ball follow your foot through in the direction of the ball and extend it at the knee in the direction you are striking the ball. Move your other arm forwards but lower it in order to keep and maintain the balance as you strike the ball. Slightly flex the knee on the standing foot to maintain balance as your other leg moves through the ball. Try to keep more or less up right as you strike the ball so that you keep the shot low. If you are striking the ball with a lot of power your standing leg will usually come off the ground as you are putting your whole body and power behind the shot and you will not be able to keep balance if you keep your foot on the ground.



Mechanical & Physiological:

- **Muscles used** – Quadriceps, Gastrocnemius, Abdominals, Hamstrings, External Obliques, Biceps, and Triceps.
- **What happens during movement?**
 During the preparation of the shot on the standing leg eccentric contraction occurs at the Gastrocnemius causing extension at the knee joint and also as the whole leg extends it causes eccentric contractions in the Hamstring and concentric contraction at the Quadriceps. The kicking leg extends at the knee as it is pulled backwards causing eccentric contraction at the Hamstring which cause the leg to straighten however the leg is not fully extended and throughout the movement of the leg being pulled back the leg becomes extended and then slightly flexed again and so the Hamstring and Gastrocnemius goes through eccentric and concentric contraction as the leg moves backwards, the Quadriceps slightly relax as the leg is lifted up due to them muscles being antagonistic pairs. Both arms are extended at the elbow which means the Biceps will be eccentrically contracted meaning due to them being an antagonistic pair the Triceps will be relaxed and concentrically contracted.
 During the execution of the shot the Hamstring begins to eccentrically contract as the leg moves towards the ball, eccentrically contracting the Gastrocnemius and concentrically contracting the Quadriceps means the leg has begun to extend at the knee joint however as the leg is still flexed when the foot makes contact with ball this means even though it has started eccentrically contracting the Hamstring is still relaxed and the Gastrocnemius is also relaxed and the Quadriceps is slightly extended. The arms stay extended at the elbow meaning still the Biceps eccentrically contract meaning due to them being an antagonistic pair the Triceps will be relaxed and concentrically contracted. Have the standing leg slightly flexed with the knee over the ball and so the Hamstring will be concentrically contracted and the Gastrocnemius will also be concentrically contracted, with the Quadriceps slightly extended.

During the recovery the Hamstring is extended fully and the Gastrocnemius is fully extended with the Quadriceps relaxed as the leg follows through and stretches out in the direction of the ball. The arms both extend at the elbow in opposing directions meaning the Biceps will be eccentrically contracted and so due to them being an antagonistic pair the Triceps will be relaxed and concentrically contracted.

Tactical:

This type of shot is used in a game situation when the team are in a goal scoring opportunity so that a player can smash the ball into the goal. This type of shot is used usually when the player is further away from the goal, however it can be also used closer to the goal when a harder struck shot is a better choice than a placed shot at goal. This is a quite risky type of shot as if they are not hit correctly they can go wide of the goal or be misplaced, placed shots are usually the more accurate shots however when these types of shots are hit correctly and accurately they are harder to save than placed shots. In my position I use this type of shot a lot and I have used it to score many goals as I cut in from the left hand side and drive it at the goal.

Comparison:

For my comparison I will be comparing myself to Wayne Rooney of Manchester United and England as he is considered one of the best strikers in the world and he is one of the best drivers of the ball in the game. I am using him as a comparison as due to him being one of the best this can give a thorough comparison of my technique and ability.



- The first difference I have noticed is that my back seems to be more arched than Rooney's his straighter body shape would allow him to put more power behind the ball when he strikes the ball.
- Another difference I have noticed is that his standing leg is flexed more with his knee over the ball this would mean he is able to strike the ball harder and the ball will still be struck low.

- He also keeps both arms lower and to his side when he strikes the ball, this gives him more balance as he has lower centre of gravity.
- He also stretches more into the shot we can see this due to his standing leg being further back than mine, this could be due to him striking the ball on the move whereas my shot was taken with the ball static.
- Using this comparison I will be able to make my technique better so that when I take one of these shots on I am more likely to hit the target like Wayne Rooney does on many occasions.

Assignment 1

Four Core skills

Skill – Heading

Justification – Heading is used to hit the ball when the ball is too high to kick and so the head is used to hit the ball instead. Headers are used in both attacking and defending situations however the type of header I will be looking at is attacking headers. These headers are usually hit with more power and lower with the player getting their body over the ball so as to head the ball lower. In my position I use headers in attacking and defending situations as, as a midfielder I have to get back and forwards. I am rarely in a position to head a ball when attacking as I am usually playing the ball into the box for headers to be scored but I do head the ball in attacking situations when the ball is played in the box from the opposite wing and also when my team has a corner.

Technical:

- **Preparation** – During preparation for heading the ball, you flex both arms at the elbow at your side so as to give more power in your jump. You also flex both your legs also at the knees. You also have to be on your toes in preparation to jump into the air, for this you extend your leg using your ankles. Depending on the type of header you do you have to alter your body position for attacking headers your body will be facing side on so as to be in the best position to get up and do an attacking header.
- **Execution** – During the execution of an attacking header your arms stay flexed for balance purposes in order for the balance being maintained the arms need to stay flexed. The legs then extend at the knees in order for you to push yourself off the ground and lift your body into the air to reach the ball in the air. As you move your body into the air your chest and torso flexes backwards and you arch your neck back to and then you bring your neck and body forwards and extend into the ball.
- **Result and Recovery** – During the recovery part of an attacking header the arms will go back to a relaxed state and they will be extended at the elbow. When we land we land on flexed legs so as to provide a more cushioned state of landing. After you have landed they then move



to a relaxed state with the legs extended at the knee so that you can continue on moving if need be. The upper body then straightens up as you land.

Mechanical & Physiological:

- **Muscles used** – Quadriceps, Gastrocnemius, Abdominals, Hamstrings, External Obliques, Biceps, Triceps and Deltoids.
- **What happens during movement?**

During the preparation the Biceps flex causing the forearm to lift up and cause flexion at the elbow joint. For this to occur concentric contraction happens at the Biceps, as they are an antagonistic pair the Triceps extend and eccentric contraction occurs here. In the legs both legs are flexed at the knee joint this is caused by concentric contraction in the Hamstring and as they are also an antagonistic pair there is eccentric contraction at the Quadriceps as they are lengthening. The Gastrocnemius also flexes and goes through concentric contraction in preparation to jump off from your toes.

During the execution your arms continue to stay flexed at the elbow joint and so the Biceps flex causing the forearm to lift up and cause flexion at the elbow joint. For this to occur concentric contraction happens at the Biceps, as they are an antagonistic pair the Triceps extend and eccentric contraction occurs here. As the body moves backwards the Deltoids contract concentrically and then as the body thrusts forwards the Deltoids eccentrically contract pushing the upper body into the ball adding power to the movement. Also during the execution to lift your body off the ground your legs extend at the knee joint which is caused by eccentric contraction in the Gastrocnemius and also eccentric contraction in the Hamstrings and so meaning the Quadriceps concentrically contract as you jump into the air. As your body moves backwards eccentric contraction occurs in your abdominals this pulls your body backwards and so when you move forwards into the ball your abdominals then concentrically contract moving our torso forwards and thrusting your body towards the ball.

During the recovery part of the attacking header your arms move to an extended position meaning the Biceps eccentrically contract and oppositely the Triceps concentrically contract. The legs move into a flexed position at the knee this is caused by concentric contraction in the Hamstring and as they are also an antagonistic pair there is eccentric contraction at the Quadriceps as they are lengthening. After you have landed your legs move to being extended again at the knee which is caused by eccentric contraction in the Gastrocnemius and also eccentric contraction in the Hamstrings and so meaning the Quadriceps concentrically contract.

Tactical:

Attacking headers are used to score goals when the ball is played in the area from crosses and set-pieces. Many goals are scored this way as crosses into the box are very dangerous. This can go wrong very easily as if you do not get your body over the ball you will easily head it over the bar and also if you don't get enough power behind the ball it will be easily saved. However when it is done properly it can score a goal easily as headers are usually taken from close to the goal and so this means they will be harder to stop.

Comparison:

For my comparison I will be comparing myself to Andy Carroll of Liverpool and England. He is considered one of the best attacking headers of the ball in the Premiership and most of his goals are scored with his head. I am comparing myself to him as he is one of the best and this means it will show what I need to change to make myself as good as the best.



- An immediate difference I have noticed is that when heading the ball he is more side on whereas I am facing more straight on towards the ball. This could be due to the ball that was played into him was fast and moving towards him whereas mine was a slow ball thrown directly in front of me.
- Another difference I have noticed is that his legs are still slightly flexed and wider this would create more balance however it could be due to the timing however he looks like he is throwing his body more into the ball which would mean more power behind the header.
- Another difference is that He turns his head into the ball, this means he can more easily aim the ball and the header will have more accuracy.
- Another difference I have noticed is that when he heads the ball he gets over the ball which means he can drive it lower into the goal with more power on it.
- These differences will be mainly to do with the situation that I was in whilst heading the ball as his was crossed in and mine was thrown in front of me, however I can use

these differences to improve my technique so that I can get more power on my headers.

Assignment 2

Tactical Analysis

For football there are many different tactics that are used so as to be of greatest advantage to a team. Particular tactics that are used in football include:

- Long ball/ route 1 football
- Possession football
- High line of defence
- Man marking
- Zonal marking

Long Ball/route 1

This type of football is when usually the defence, or any other player plays a long ball into their opponents half in or near the 18 yard box to a target man, usually a tall and powerful striker. They then use the ball to either head it at goal or shoot, they can also hold the ball up to bring in other players. This tactic can be used by some teams throughout the entirety of the game however some teams use this tactic at later stages of games when they need a goal to create more chances and to get the ball into their opponents box to create goal scoring opportunities This type of football is good as it gets a direct ball into their opponent's box and creates goal scoring opportunities easily, it also comes as an advantage to teams as they can get the ball out of their own half and take the pressure of their own defenders. This tactic however is bad as teams with tall defenders will easily be able to deal with this type of football as they would be able to compete with the target man for the ball. It is also bad as if they don't do it properly or they lose the ball then possession can break for the other team and the other team could then attack. (Wikipedia)

Case study: A team that uses long ball football is Stoke FC, they do this effectively as they have a very tall striker (Peter Crouch 6ft7) and also they utilise throw in situations by having Rory Delap who is able to play long throws into the box. We know that they're good at this type of football as a high majority of their goals are scored using this tactic.

Possession football

Possession football is when the team uses mainly short passes to keep hold of the ball and prevent the other team from getting the ball. Teams use possession football for many different reasons, they use it to tire their opposition out by keeping the ball away from their opposition and causing their opposition to chase the ball and they keep the ball moving. Using this type of football teams slowly build up chances and do not try to force chances to

come and do not try to pressurise the ball forwards and as many coaches that use this tactic say, 'if you can't go forwards, go back' this helps the team to retain possession. This type of tactic is good as it tires the opposition out and makes them easier to break down. This type of football however can be bad as the team could overplay the ball and this could cause chances to be not taken and also if they pass the ball too much in defence they could lose possession of the ball and their opponents could have a chance on goal. (talk football)

Case study: A team that uses this type of football is Barcelona, they use it effectively as they have the best midfield in the world. It is very advantageous for them as it has caused them to become one of the best teams in the world and in the 2010-2011 season throughout the season they had 75% possession of the ball over the whole season. (soccer information)

High line of defence

High line of defence is when a team's defence places themselves very highly up the pitch and they cause pressure on their opponent by pinning them back into their own half. Team's that use this tactic also take advantage of the offside rule as due to them having a high line they can easily catch their opponent offside. This tactic is risky as if the team does not use the offside trap well and does not catch their opponent offside their opponent can very easily break on them and have a good chance on goal to score. This tactic however is good as the team that uses it well can hold the ball up in their opponents half and cause pressure on that team which means goal scoring opportunities could arise.

Case study: A team that uses this type of tactic is Chelsea FC, they use it due to them having very good defenders who are comfortable on the ball and can help the team when attacking. However their use of this tactic came under scrutiny when playing against Arsenal this tactic worked against them due to Arsenal's fast attacking players and Chelsea were beaten 5-3. (Zonal marking)

Man marking

Man marking is a tactic used mainly in set-piece situations and is when players are given a specific opponent to mark throughout the game. These players are usually the same height as to the player that is given to mark them and they may also be the same skill level. This tactic is risky as when man marking if your opponent beats you they are then free to move into space and create a goal scoring opportunity as there is no one else there to mark them. However this tactic is good as each player knows who they are marking and every player is marked so there is no opposition that is free.

Zonal marking

Zonal marking is another tactic that is used mainly from set-piece situations. This is when a defending player marks a particular area or zone on the pitch and deals with any ball or

player that comes into that specific area. This tactic is risky as it does not take into account if more than one person moves into this specific area and if something like that occurred the defending player would become outnumbered and unable to deal with the attacking players. This tactic however is good as players would be less confused as they would have a better idea on their own role and position and it allows the team to keep its shape as each player keeps their position and stays in their own area.

Man marking v Zonal marking

I believe that man marking is better out of the two tactics as it has not as bad consequences if the tactic goes wrong. I also believe that man marking is better as man marking allows every player to be marked and so each of the defending players knows who to keep with whereas when zonal marking is used the players have to keep to one area this can cause great confusion as if one player moves out of his area there will be a free area for their opponent to move into. (wikipedia)

Formations

There are many different formations used in football so as to create different tactics and styles of football and have the best advantage for a team and how they play.

- 4-4-2 – This is the main formation used in football. It has 4 defenders, 4 midfielders and two strikers with a keeper. This allows a good balance between attacking and defending. As my team plays this formation, albeit slightly altered, I play on the left side of midfield or the right side of midfield.
- 4-5-1 – This is a formation used when the game is mainly played in the centre of the pitch and there is a hard midfield battle. The formation is used to saturate the midfield and give the team more options in midfield so that they can win the ball. This formation is also used when playing against a hard team to protect the defence with a large midfield barrier. If my team used this formation I would once again be on left or right midfield and I would be used also to help the lone striker when coming forwards as I have good pace. (rules and equipment)
- 4-3-3 – This is a formation used to push the team forwards and give them more attacking options and more opportunities to score. This formation is used when the team needs a win or needs a goal and so they push as many players forwards as possible. If my team was playing this formation I would play as part of the front 3 players as I am a very attacking player and so I would be part of the front 3.

Psychological tactics and mind games

There are many mind games in football. These can be as simple as being a presence and a strong character around the pitch. Also wearing your full team kit and looking well

presented. This puts other players off as you look professional. Some players want to make the referees know them as soon as they walk on the pitch and make the referee their 'best friend' this could be going up to the referee before the game starts and talking to them and wishing them good luck for the game.

The more complex mind games played by footballers are in the warm up playing the best you can to make the opposition know you are a good team, however some teams may take a different approach especially in grass roots football by warming up not that well meaning the other team will get complacent and think the game will be an easy one. Even wearing a certain type of football boot can unnerve your opposition as if you have a nice kit and good boots it will unnerve your opposition more than wearing old, unclean boots. The mind game I use mainly is by getting into the ear of the opposition and making unnerving comments and sometimes making fun of them. I also tell them during the game what I am going to do next so as to confuse my opponent of my next move.

After the complex mind games they begin to become un-sportsman like but they work such as making fun and mocking their opponent, this is good to use as long as your comments do not become too abusive. They work as it winds up your opponent and can cause them to try to foul you or get frustrated and they will play worse than they usually would with a clear mind. (Guardian)

Assignment 3

Notational Analysis

In this position I shall be doing my notational analysis on the 4 core skills that I have identified in my core skills analysis and I will compare myself to 2 other performers of the same position.

Ryan Giggs –

Firstly I shall be analysing Ryan Giggs in his first half performance against Manchester city on Monday 30th April. I am analysing Ryan Giggs as he plays in the same position as I do, also he is a similar player to me.

Ryan Giggs	Short Pass	Long Pass (cross)	Shot	Header (attacking)
Completed	9	1	0	0
In complete/ misplaced/ hit wide	2	0	0	0

In this game Ryan Giggs played 9 passes and made 1 cross. Normally he would have had a higher rate of all of these but as his match was against a very tough opponent his team did not have as much of the ball as they normally would of and so he was not able to make any shots or have any headers on goal. Ryan Giggs performance in this game was alright, but not up to his usual standard, this would of only been to do with the standard of his opposition meaning he didn't get the time and space on the ball that he is used to against most of the teams he played against, a high percentage of the passes he played were completed and got to his opponent.

Action plan for future performances

As his first half performance was mainly due to the difficulty of his opponent I cannot make a thorough action plan as previous games he has played in he has played a lot better as many people have said he is the best left winger ever to play football. However to get himself more in the game he could of tucked himself more centrally when the opposition had the ball as his opponent have a very good midfield and so if he brought himself inside

more he could have helped to win the ball, also if he moved quicker off the ball he could of created more space to get more position to put more crosses in and get more shots off. To work on this he could do positional work in training and also work on his movement off the ball. It is hard to make an action plan as he as a player of this position has the full package, however for that particular part of the game that I watched I think he wasn't involved as much as he usually is and he could have been more of a threat.

Stewart Downing –

I shall now be analysing Stewart Downing's first half performance against Chelsea FC. I am analysing Stewart Downing as he is a similar player to what I am and he plays on either wing like I sometimes do and also he can use both feet the same as I can.

Stewart Downing	Short Pass	Long Pass (cross)	Shot	Header (attacking)
Completed	12	2	0	0
In complete/ misplaced/ hit wide	6	1	3	0

(Results)

In this game compared to Ryan Giggs' Stewart Downing had more attacking opportunities and chances to score goals. His team was also against a tough opponent however his team dealt with this kind of opponent. Stewart Downing's performance in this part of the game was quite good as he helped his team get forward and he created a couple of chances. However his finishing and shot taking was not very good as he let 3 very good chances go to waste, however one of them was very well blocked by the defender. In this half of the game Stewart missed a penalty that with him being an elite player should have scored however penalties are harder then they seem and unfortunately he was unable to score. Other than that His performance was very calm and stable and he did not let the ability of the opponent get to him as he played many controlled passes and the crossed that he made were of a very good standard.

Action plan for future performances

As an action plan for his future performances I believe that in this game he played very well and got forward well however his shooting was not as good as it could have been. He could

train this by doing more shot practice and practice on getting shots of faster but calmer and not taking a wild swing at the ball. As a professional player he already has good shooting ability but if he worked on quick fast shots he could have scored in this game, and could score if he got similar chances in the future. Also I believe that he did not get involved in the game in the midfield battle and he could have passed the ball about more and found his players better and spread the ball for the team. He could practice this by doing positional play and practicing build up play.

Me –

I will now be analysing my own performance in the first of half of my team Nelson FC white's under 18 match V Crown Paints on Wednesday 9th May.

Alan Taylor	Short Pass	Long Pass (cross)	Shot	Header (attacking)
Completed	28	4	0	0
In complete/ misplaced/ hit wide	2	2	1	0

In this game I believed I had a very comfortable first half, I helped the team in both attacking and defending situations. I believe my short passing was very good as I made a high number of short passes and near enough all of them were complete and to my own team mate. I believe that my weak points in this game were that I didn't get as many shots away as I could've with the positions I took up, I also didn't put good enough crosses into the box as I usually do when I play football. I made good chances for myself to put crosses into the box and I managed to get the ball in the box but due to the defenders being good in the air most of the balls I played in were headed away by the defenders. However as a whole I believe I had a good first half performance and helped the team have a good first half performance as we took control of the game throughout most of the half keeping possession for great numbers of it.

Action plan for future performances

For my own personal performance I believe that as an action plan I need to work on my shooting from outside the box cutting inside from the left. I would do this using shooting

practice but from this type of situation and with defenders and so there is pressure on my shooting like there would be in a game situation. Another thing I should work on is low crosses because in games like this with defenders that are good in the air and good at defending crosses that are played in the air then I need to be able to put good accurate low crosses into the box. I could do this by doing wing work and have situations where I can only play low crosses into the box, this would help my confidence on putting low crosses into the box and my accuracy when playing those types of crosses into the box.

Conclusion

For these 3 games it is hard to compare as due to them being at different ability levels and against different types of opponents with different types of teams then it is hard to say how the players compare. For myself I played a lot more short passes than any of the other players as my team plays possession football and we break down our oppositions by keeping possession of the ball and we utilise this by playing many short passes and in this game we played many short passes and our distribution and retention of the ball was excellent even in comparison to elite teams. For Ryan Giggs' performance he did not have as much possession of the ball personally then I or the other player did and so he did not have or create as many chances. Stewart Downing had more shooting chances than I or Ryan did and so this showed that he was more attacking and he played in a more attacking position and this could be due to Liverpool's style of play allowing him to get into these attacking positions, it could also be to do with Liverpool's hold on the game as they got 2 early goals in the first half. I believe that even though we are similar players and are good at similar things such as crossing and dribbling with the ball I believe that the difference in our performances and our amounts of different skills done was to do with the differences in the styles are teams play as my team do not shoot as much as the other teams but we play more passes and build up play in that way, whereas the other two teams play the ball through the centre and attack the defending team using good, strong, fast strikers.

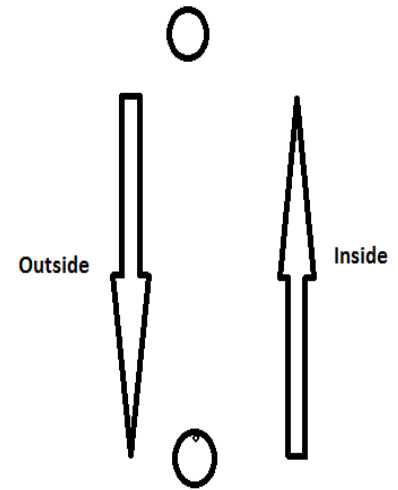
Assignment 4

Training Analysis

1 Training review

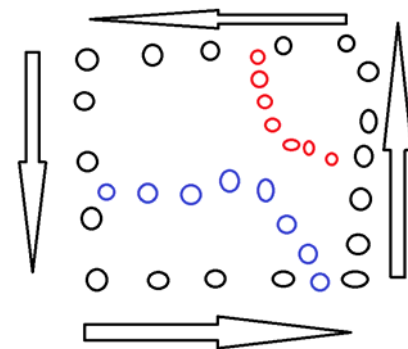
Warm up –

- Running from one cone to another around 10-15 yards away from cone to cone.
- Run in an around shape from the outside of the cone around to the other side of the cone.
- The manager calls out different commands e.g. sprints, side to sides, turn and sprint(jog backwards halfway and then turn and sprint the rest of the distance)
- The command is always done on the outside, on the inside cone basic jogging is done and then it changes and dynamic stretches are then done on the inside.



Main Session –

- This session was based around fitness and so we had to do jogging.
- The manager set out a coned area in which we had to jog around.
- There was also other coloured cones coming inside the cone area and leading to an exit another side outside the coned area in which when the manager called that colour of cone everyone had to run along this colour of cone and follow it around until we reached the outside of the cones again.
- After a few laps of this the manager changed it and added sprinting into the session were when he said so the person at the back of the line of players jogging around had to sprint around the coned area once and then regain the group at the front of the line.
- After every player had done this and the line was in its original order the manager changed it once more.
- This time when he told the back player to sprint he would shout commands such as turn in which the player would have to sprint in the opposite direction and then he would shout turn again so that they would sprint in the original direction.



- The manager would also when the player is sprinting shout a colour of the inside cones and that player would have to run in that direction. When they reached the group again they had to re-join at the front of the group.

Game –

- Small sided game 5v5
- The team with the keeper were only allowed unlimited touches each.
- The team with no keeper had 5 outfield players and so only were allowed 2 touches each.
- The team with the keeper as the other team had no keeper had to get the ball into the goal keeper's area before they could shoot and try to score so that they couldn't just shoot into an open goal from anywhere.
- The team with no keeper were only outside to score outside the keeper's area.

Cool down –

- Short jog
- Slow down the jog gradually until you pace into a walk
- Static stretches

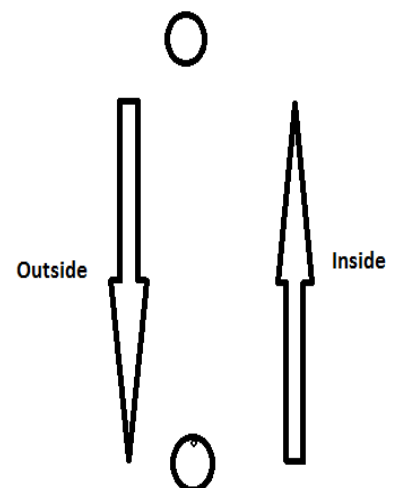
Analysis of training –

In this training we have worked on cardiovascular endurance and the fitness of the whole team. This has been done with a long session of running with little focus on any other areas so as to push ourselves in this area and so increasing our cardiovascular endurance. This would benefit our team in the future as we would be able to keep going for longer in games and this could give the team an advantage over other teams as when they tire in later stages of the game we could carry on going and pushing forwards so as to push for a win and maybe being able to scoring more goals.

2nd Training review

Warm up –

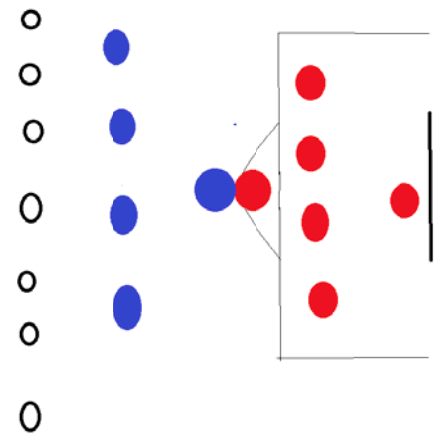
- Running from one cone to another around 10-15 yards away from cone to cone.
- Run in an around shape from the outside of the cone around to the other side of the cone.



- The manager calls out different commands e.g. sprints, side to sides, turn and sprint(jog backwards halfway and then turn and sprint the rest of the distance)
- The command is always done on the outside, on the inside cone basic jogging is done and then it changes and dynamic stretches are then done on the inside.

Main Session –

- In this session there were 12 players.
- The session was attackers v Defenders and it was based on shooting outside the box and trying to create more goal scoring opportunities
- There was a keeper, 4 defenders and a holding midfielder on the defending team in bibs.
- There were 4 attacking players, 2 wingers, two central midfielders and a striker every player in the attacking team had to touch the ball at least once before they could shoot.
- The attacking players were only allowed 2 touches, however the defenders had as many touches as they wanted and they had to pass the ball through the coned area past the attackers to score a goal for their team.



Game –

- Small sided game 6v6
- The team with the keeper were only allowed unlimited touches each.
- The team with no keeper had 6 outfield players and so only were allowed 2 touches each.
- The team with the keeper as the other team had no keeper had to get the ball into the goal keeper's area before they could shoot and try to score so that they couldn't just shoot into an open goal from anywhere.
- The team with no keeper were only outside to score outside the keeper's area.

Cool down –

- Short jog
- Slow down the jog gradually until you pace into a walk

- Static stretches

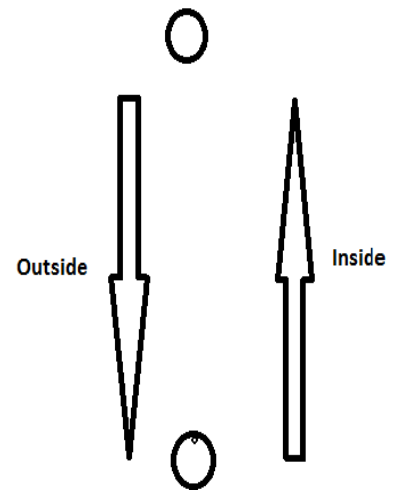
Analysis of training –

This training was focused on making goal scoring opportunities and taking on goal scoring opportunities from outside the box and taking all the goal scoring chances we have. This was done by creating an attacking situation in which we had to build up play in the midfield and attempt to get a shot on from outside the box. This would help our future performances as we would be able to get more shots off in a game and this could cause more goals to be scored as we would create more chances and this would mean we would be more likely to win especially in the under 18's league we play in which is harder than our Sunday league and so any chances we have we need to score.

3rd training review

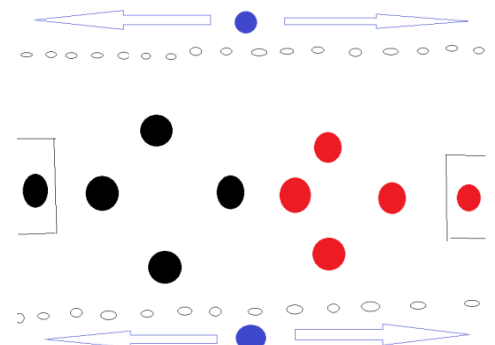
Warm up –

- Running from one cone to another around 10-15 yards away from cone to cone.
- Run in an around shape from the outside of the cone around to the other side of the cone.
- The manager calls out different commands e.g. sprints, side to sides, turn and sprint(jog backwards halfway and then turn and sprint the rest of the distance)
- The command is always done on the outside, on the inside cone basic jogging is done and then it changes and dynamic stretches are then done on the inside.



Main session –

- This session was based on using the wingers and the wings to keep possession and it was based on switching the ball to opposite sides in order to keep the ball and keep possession of the ball.
- There were 12 players at this session and so there were 5 players on each team and the two wingers were free players and so played for both teams and they gave the ball back to the team that passed them the ball.
- Both teams were only allowed two touches each.



- As one team had our team's keeper the other team had to keep switching around and putting an outfield player as the keeper.
- As my position is as a winger I was one of the players in the wing position as a free player.
- The wingers stayed within their coned wing area and none of the other players were allowed to go within their coned area and tackle them.

Game –

- As the main session was mainly game based the game at the end was free play.
- The winger's coned areas were removed and a winger went onto each team.
- Both teams were allowed unlimited touches each and the game had normal football rules except no offsides as it was only a small sided 6-a-side game.
- As one team had the team's keeper the other side switched around and everyone played in goal at a certain time part of the game.

Cool down –

- Short jog
- Slow down the jog gradually until you pace into a walk
- Static stretches

Analysis of training –

In this training we worked on utilizing the wingers so as to push forwards and keep possession of the ball and also to switch play so as to provide space for our midfielders and strikers. This would help us in future performances as we would be able to pressure our opponents more through constantly switching the play, we would be able to keep our opponents guessing as they wouldn't know which side we are going to attack down and by the possession we would keep it would mean we would be able to tire our opposition out easily and so we could then break them down more effectively.

Areas of training over 8 weeks

In our training's we do similar warm up and cool down regimes every week, we do the same warm up as we also do before any game that we play. This helps us as when we get to training and games we get straight into our warm up and we are able to get started without any help from our coach and we can start the training ourselves. However this could come as a disadvantage to us as constantly doing the same warm up could mean we are missing

out on the advantages of differing warm ups and as we would become used to the same warm up it could lose its effectiveness.

The training we usually do on a weekly basis usually is based around attacking v defending situations and we base all our football on keeping possession of the ball, this comes across in our training as whenever we do any type of ball work the focus is on keeping possession on the ball and making sure we play the best pass so that we can keep possession of the ball. Over 8 weeks we work on various things such as wing work, possession, shooting and fitness. As we have worked on these various things I believe our passing and possession work has reached a very high level for the standard we play at and so now we only really need to focus on the fitness of the team as a whole and shooting as the only thing that has let us down in previous matches is the inability to put away goal scoring chances. This has shown in our last 8 weeks of training as a lot of the focus has been on these 2 aspects but as it is nearing the end of the season less fitness work has been done as this is going to be mainly done in pre season as we always do high amounts of fitness work in pre season. For my team we train once a week, every Monday, for an hour. Our sessions are usually of high intensity in the main section of it and then as we get into the game session at the end we begin to relax.

FITT

For my team the FITT aspect is shown in our training:

Frequency – For my team we train every Monday, every week

Intensity – For my team the intensity is very high for our level of performance, the levels vary due to the type of session we do and it also fluctuates throughout the session with intensity lowering in the end game part of the training.

Time – We train every week for one hour a session

Type – The type of training changes every week and as shown by the 8 weeks of training session it can vary from certain types of training to fitness, to shooting practice and sessions that focus on possession.

(Hill)

I believe the training that we do is good as it focuses on the style of football that we are best at and it gives us an edge over other teams, it is also very fun and it allows the team to bond and creates a good vibe throughout the team. This type of training is advantageous to myself personally as it gets me to work on my team working skills and allows me to use my team mates if taking on the defender is not the best option, this has helped me to improve as a player and this has shown in my performances in game situations. However I believe that it is not good as sometimes it can become slightly repetitive and we can sometimes

miss out on training to deal with what other teams can have an advantage over us and this can affect us in a game as the focus on our training is very highly to do with attacking and so the defenders only train how to deal with our own attacks and not the differing attacking styles that other teams may have.

In my training we do not do any testing and so I cannot compile any test examples. This is bad for me as I cannot properly see what I need to improve on. Also when I have trained on these things I cannot properly see any improvements. The last physical test I did was the Bleep test and that was when I was in school, my results for this was level 13. This is a good level to be at for the age I was at but due to not doing tests in training I cannot see if I have improved this or got worse. This can be bad for my performance as I could be experiencing reversibility and getting worse in this area as I don't know that I need to improve on this area.

As the club that I play for is not a very big club we do not use any technological equipment as we cannot afford it during training. We only train using basic football equipment (balls, cones goals). This can be good for my team as in football there are not many technological pieces of equipment that can be used and by training by using footballs and actually playing football this would be better for us as it is more realistic to an actual game situation. However by not using technological equipment this could come as a negative as we would not be able to do exact training to the areas each individual needs to work on for example muscular strength or flexibility. So this could mean we could be overworking certain muscles and not using others that we need for football matches.

Elite comparison

In elite teams training such as Blackburn Rovers FC they have are very high intensity and very highly skilled. In elite teams they have very good training facilities to train at for example Blackburn train at Brockhall training ground this is a huge facility with astro turf facilities and grass pitches. For training at this level the players train near enough every day of the week (around about 4 days) and they train twice a day with morning sessions done and also evening sessions done when they train. The training would focus on all aspects of the game such as the physical elements and the mental elements of football. They are helped to do this with the high amounts of staff they have at the club including physiotherapists, doctors, psychologists, coaches, statistical analysers etc (Blackburn Rovers). These help their training as the players will be told what they need to work on and they will be able to get all the help they need on slight injuries that may occur and dropping levels of fitness that they have. This differs from my training as we only have a manager and an assistant manager that take care of the training and so this shows the difference between the levels as elite players have higher intensity and times of training and they also do it more often and so this would increase their playing ability much more than my training does. Also in elite teams training they have facilities such as gyms and equipment to

measure their fitness and so they know the exact levels that they are at when training and so they know if they need to work on their fitness to get it up to the level they need to be at. Also in elite teams as they have gym facilities they are able to work on muscular aspects of the game as if they need to increase muscular strength or endurance on any particular muscle then they can do so in these gyms. They will know everything that they need to work on and they have the facilities to work on these aspects.

Assignment 5

Strengths & weaknesses

Of technical

Strengths – As shown by my technical analysis the strengths that I have observed are that I have very good technical knowledge and ability of the short pass. This has been showed by the fact that as I broke down the skill I did the pass very similar to how it is supposed to be done. Also as shown by the comparison to the elite player it showed that I was technically similar to the elite player and so this shows a strength of this area. Another strength that I have observed is that I have very good technical ability of crossing, this similarly to the passing is shown through the similarities in my comparison to the elite performer. Another strength that I have observed is that my preparation of all of the skills is good and is similarly to how technically the preparation of the skill should be done.

Weaknesses – The weaknesses that I have observed are that technically as shown by the comparison to the elite player my shooting is not good, I can see this as there are many points in my comparison that show how technically my body positioning is different from the elite player and so I would need to change this so as to be technically better at this skill. Another weakness that I have observed is my heading technique and in particular the execution part of the skill this is shown through the pictures that I have put on this section and also I see my weakness at this area through my comparison with the elite player which shows many differences through myself and the elite player. I think I may have this weakness, technically, of heading as in my position I do not regularly need to head the ball and so it is not something that I work on when training. This means I have not improved on this aspect and is something I will plan on improving in my action plan.

Of tactical

Strengths – A strength of my tactical analysis was that within these different tactics and formations I was able to fit into my team well in all of these formations and in all of these different tactics and my team was able to use me as an advantage. I saw this as when I talked about the adaptations as I fitted into the team in each one and if my team was to use them I would be able to play in these positions. Another strength is that for the different tactics that could be used I would be able to use these tactics for my team, especially the possession football tactic that my team uses all the time and it has helped us to win many games and do well in the leagues we play in.

Weakness – A weakness I have observed from this section is that when using and applying the long ball skill this does not really work as due to my team being quite small the other team would easily win the ball and send an attack back to my team. Another weakness I have observed in the tactical analysis that I have observed is that certain formations and

tactics were overused such as playing a high line and this at times did not work out for my team and it has been shown to not work out for other teams and so this is a weakness of my tactical analysis. I will change this in my action plan for later development.

Notational

Strengths – Strengths of my notational analysis are that I made a lot more short passes than any of the other elite players that I compared myself too. This is mainly to do with my team's style of football that we play as it is very possession based. Another strength that I have observed is that I put more crosses into the box than any of the other players that I compared myself too did. This shows that I tried to get forward more and I made more attempts to cause goal scoring opportunities than either of the other two players did. Due to these strengths I think this shows that I have good team working abilities as I am passing the ball rather than using it myself.

Weaknesses – Weaknesses I have observed from my notational analysis is that I did not shoot as many times as one of the elite players did and also the shot that I took was not on target, this shows that I did not make that many opportunities to score a goal and for my position I should have made more than the possession that my team had would have suggested. Another weakness that I observed are that the crosses that I put into the box were not as accurate as I could have done and I would have usually done.

Training

Strengths – Strengths that I have observed from my training analysis is that the training that we did was of a good high standard and it meant we worked on what we were best at and so we could use this in a game to our advantage. Another advantage that I have observed is that my team did good training for the equipment and availability that my club has and so we used what was on offer to us very well to create training that would help us best and work on the team's weaknesses so that we could improve and do the best we could in our future performances.

Weaknesses – Weaknesses that I have observed from my training analysis is that we do not do any tests on our performance at different skills and fitness levels in football, this means that I cannot show how I have improved and also I cannot train these parts that need to be improved. Another weakness that I have observed is that there was no technological equipment that we used in our training, this would be bad as we could not improve on particular parts that we need to improve on for example muscular strength as we do not have the particular equipment needed for that area.

Development plan

The weaknesses that I have shown through my strengths and weaknesses can be improved using a development plan to increase those specific areas over a specified amount of time.

The areas in which I showed my strengths and weaknesses will be used to show what needs to be improved.

Physiological

For physiological areas such as cardiovascular endurance and agility and such areas. I do not believe that these certain areas show any particular weaknesses that I need to put into my development plan for next year, however these areas should not be ignored and so if I carry on working on these areas I will continue to have good ability in these areas.

Psychological

Also for psychological areas I believe I do not need to improve on any of these areas as I believe I am able to perform in big games and am able to cope with stressful situations as I am a very calm character and I can cope with big games as shown by the cup final that I have recently played in with my team coming out comfortable winners.

However for technical and tactical I believe there are some areas that need improving and so I will go over these and implement them in my development plan for next year so as to improve as a player in these areas.

What needs to be improved?	How will you improve it?	When?
Shooting – technical ability	I will improve my shooting ability by working on my technique and progressing on this. I will improve my shooting ability by focussing on shooting in training by using targets in a goal and aiming for these targets and move these targets around and make the targets smaller. As I do this my shooting ability will increase but as these will only be in static situations I will then change this to gradually make it harder by moving off the ball and shooting first time off a pass also I would add defenders into the situation. Through this my shooting technique will get better and as will my ability and accuracy. I will record my improvements by each time recording how many targets I hit so that I can show my improvement throughout the time scale.	Over 8 weeks

Heading - technical	I will work on my heading ability and technique through practicing headers in attacking situations. Firstly I will work on my technique through practicing my jumping and my technique without a ball. I will then change it to using a ball by creating situations where I need to head the ball for example through corners and crosses and heading shots on goal. I would make this harder by adding in a keeper and defenders, I would then change it to having it in a game style situation. I would record this by writing down how many crosses I win and also how many headers I score from the crosses that I win.	Over 8 weeks
Tactical – using different tactics during games	A weakness that I noticed throughout my assignments is that tactically during games when our team cannot use our normal tactics we do not change tactics well so as to adapt to the game. So to work on this we could train on adapting different tactics by using different situations to adapt to that type of game so that if we come across this type of football playing team we are more easily able to adapt to this style of football. I would record this by seeing my teams performance in games and also recording how much possession we keep each session against the different styles of play.	Over 8 weeks
Offside trap	As our defence keeps a really high line we sometimes get caught out by our inability to play a good offside trap. We could do this by working on communication as a defence and make sure that we watch the attacking players and make sure the whole team all moves up as a line and moves back as a line also. I would record this by calculating how many offsides we make our opponent have every game and so I can calculate how it has changed game by game by how many	Over 6 weeks

	offsides we make the opponent have each game and then make comparisons of each of these games.	
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