

Commentary for Basketball

Performance Analysis

Physiological

Three important components of basketball are identified, although aspects of the justification need more depth, given that basketball is multi-directional, stop-start sport with an increasing focus on speed and power at elite levels.

Fitness tests are selected and performed for each component of fitness with the results compared to normative tables. The Illinois Agility Run and Vertical Jump tests are cited by a number of basketball websites and there are a number of sport related performance tables available to use as the basis of analysis. The 60 metre sprint test is not especially valid for basketball; a more suitable test is the 20 metre sprint which should include split times for the first 5 and 10m if possible, although this usually requires timing gates to get accurate measurements.

There was an opportunity to undertake additional analysis of the test outcomes by referencing the scores specifically to netballers at the school or a club, or elite players, which would have provided more depth to the work.

Issues of reliability and validity of the testing are referred to and there is some understanding and application of these factors. However, the candidate does not define the terms accurately nor does she apply them fully to the work. Factors such as accurately measuring the test course, ensuring accurate timing by using qualified timekeepers, starting position, and other protocols should be referred to for reliability and there are arguably more valid tests than those chosen. More research was needed to more fully explore these options.

The **interpretation of the quantitative data** collated is accurate and demonstrates some understanding. However, a more helpful analysis of the data from the tests would have been possible had the candidate also compared her results with other athlete populations such as elite performers or players from her school or club team.

Future priorities for training are not identified and this is a clear oversight for this section of the work.

Mark band 2: 3/10

More marks would have been achieved had the candidate:

- Undertaken additional analysis of the test outcomes by comparing her performances with other athlete populations
- More fully explained and justified the choice of the three components, perhaps with some form of movement analysis
- Explained the concepts of validity and reliability with more clarity
- Identified a more valid test for speed

- Identified future priorities

An **appropriate core skill** has been correctly identified.

The **annotated images** show a limited analysis of the lay-up, and includes basic technical language. More information is needed on the mechanics of the skill to underpin the technical information.

Images of the candidate are compared to those of a higher level performer across the three phases although strengths and weaknesses are not clearly identified. More detail on the recovery and movement to the next phase of play would also have added additional depth.

Quantitative data such as the number of lay-ups attempted by the candidate across, say three matches, and her success rate would also have been a useful piece of evidence to consider at this point.

Valid comparisons are attempted to consider strengths and weaknesses but this needs more depth in order to identify more accurately the key areas for development. The suggested areas for improvement suggest a lack of understanding about the ways in which the skill might be improved

Overall, the quality of the work demonstrates a limited level of understanding of the skill.

Mark band 2: 4/10

More marks would have been achieved had the candidate:

- Used more appropriate technical language throughout
- Supported the analysis with quantitative data
- Identified more accurately the key areas for future development

Performance Development Plan

Planning

An appropriate component of fitness, local muscular endurance, is identified on the basis of the previous analysis work, although more suitable components of fitness might have been considered for a sport which has an emphasis on speed and power. The candidate has used the data to identify this component for improvement.

SMARTER targets have been explained and considered although making the targets more personal would help here.

Principles and methods of training have been identified although the theory that supports some of the contentions about how intensity might be developed across the training programme needed consideration.

Circuit training is an appropriate method for improving muscular endurance although this section would have benefited by outlining the choice of exercises and the reasons for their inclusion. The candidate makes a number of assertions about the

level of intensity being '67 percent or less of your one-rep max for that exercise' without identifying what exercises are to be included, or why. The lack of information about what exercises are to be undertaken is a clear omission.

The selection of tests is also questionable given that two of those chosen focus on isometric contractions. Rather than the wall sit test a body squat test would have been more relevant.

The candidate has also missed the opportunity to undertake additional analysis of the test outcomes by referencing the scores specifically to basketballers at school or a club, or elite players, rather than just relying on the norm referenced data.

The work is mark band 2: 4/10

More marks would have been achieved had the candidate:

- Identified more appropriate tests
- Provided details of the exercises that would be performed and reasons for their choice
- Compared performance scores with other athlete populations

Review and evaluation

The **qualitative and quantitative data** supports a well-intentioned critical evaluation of the impact of the programme although there are a number of weaknesses.

Quantitative data across the tests indicate an improvement in scores for muscular endurance, and this includes evidence from her coach, although there is no specific reference to the impact of the training on performance in a competitive situation. Some detail of the pre and post-match performances would have provided additional depth.

Changes in the test scores are considered and include references to potential physiological changes, such as the enhanced performance of slow twitch muscle fibres, as well as an impact on psychological aspects of performance and mood. The candidate offers a summary of the plan although more consideration for the **recommendations for future development** is needed to conclude the work. The candidate might also have suggested additional research into improving muscular endurance through resistance training, to supplement the circuit training undertaken here.

Mark band 3: 5/10

More marks would have been achieved had the candidate:

- Included evidence of the impact of the training on match performances to support a number of assertions made throughout the evaluation
- Clearly identified well-chosen recommendations for future development
- **Total mark: 16/40**