

Commentary for Football

Performance Analysis

Physiological

Three important components of football are identified, justified and relevant to the activity identified. The components are linked to a position specific analysis and supported by a very good range of research which is correctly referenced.

Fitness tests are selected and performed for each component of fitness with the results linked to normative tables and also to peer group data. The multi stage fitness test and vertical jump are both appropriate choices, although the test for muscular endurance is not especially valid given its focus on isometric muscular contraction; an additional test considering isotonic action would have added another layer of depth to the work.

The additional analysis of the test outcomes by referencing the scores specifically to footballers at the same age group is of a high standard.

Issues of reliability and validity of the testing are referred to and there is good understanding and application of these factors. Factors such as accurately measuring the test course, ensuring accurate timing by using qualified timekeepers, warming up and other protocols might also have been referred to for reliability.

The **interpretation of the quantitative data** is accurate and demonstrates a very good understanding of the work and there is supporting **qualitative** evidence from a well-qualified coach.

A future priority for training, power, is correctly identified and supported by the data and its relevance to his own playing position.

Mark band 4: 10/12

Maximum marks would have been achieved had the candidate:

- Included a more sport-specific test for muscular endurance, such as the body-weight squat test, to underpin the results of the wall sit test
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Technical

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

The **annotated images** show an analysis of a defensive header although it is not clear if the images include a player of a higher standard, as required.

The work is well researched and refers to each of the phases and include references to key muscle groups, levers, movements and muscle contractions. However, there is a lack of fundamental technical information such as contact position on the forehead and the need for height, width and length when completing the skill in a match. Explaining that defensive headers need to be high to give other defenders time to reorganise defensively is key to this technique.

Some valid comparisons are made, although there are technical aspects of his performance where additional analysis is important. In addition, quantitative data to indicate the player's current level of performance in a match situation, including, for example, headers contested and won together with the outcome of the header in the next phase of play, should have been included. This kind of objective data would have added another layer of evidence for analysis and provided the candidate with opportunity of identifying areas for improvement.

Despite the high quality of the work around the muscle actions etc, the work is only assessed in band 3 because of the absence of technical detail and because it failed to clearly indicate the key areas for improving performance.

Mark band 3: 7/12

More marks would have been awarded if the candidate had:

- Included more technical information
- In the recovery section, made a reference to the next phase of play
- Made a comparison with a higher level performer
- Clearly identified and justified the key areas for future development