

Commentary for Hockey

Performance Analysis

Physiological

Three important components of hockey are identified, justified and relevant to the activity identified. The components identified are supported by research which is properly referenced. There are also supportive endorsements from a number of quotes from the candidate's coach. Another layer of evidence to support the choice of components would have been achieved had the candidate undertaken a movement analysis of his own performance or referred to data from players competing at elite level; this would have added additional evidence to that compiled in the table on 'metres covered per minute'.

Fitness tests are selected and performed for each component of fitness with the results compared to normative data and those of some similar standard / age players, which is good practice. The 30 metre sprint, T Test and Body Squat Test are all appropriate choices with the protocols listed in the appendix.

Issues of reliability and validity of the testing are referred to and there is a clear understanding of the key issues and how they impact on the outcomes of the tests undertaken. Additional factors such as precisely measuring the test course and ensuring accurate timing and counting, might also have been referred to here.

The **interpretation of the quantitative data** collated is accurate and demonstrates a very good understanding.

A future priority for training, agility, is correctly identified and supported by comments from a qualified coach.

Mark band 5: 9/10

Maximum marks would have been achieved had the candidate:

- Provided a movement analysis of himself, or others, to reinforce the choice of the components identified

Tactical

A **suitable tactic** has been correctly identified.

The **appropriately annotated images** show a very detailed and accurate analysis of how a goal scoring attempt can be created from a short corner. The level of detail and use of technical language suggests that the candidate has an advanced level of understanding of the tactic and its application in the match situation and this is reinforced as the candidate clearly illustrates how the tactics might be adapted to changing circumstances, including supporting analysis from an international match. There is also relevant evidence in the form of quantitative data from his own club and how this compares to elite level performance. Finally, there are supportive comments from the club coach to the candidate's suggestion in terms of how perceived weaknesses of the club's performance might be improved.

The level of detail analysis, including both qualitative and quantitative evidence including an extensive bibliography, allows full marks to be awarded for this section.

Mark band 5: 10/10

Performance Development Plan

Planning

An appropriate component of fitness, agility, is correctly identified on the basis of the performance analysis.

SMARTER targets have been accurately described, applied and justified and have also been linked to the personal circumstances of the candidate. The detail could have been developed in one or two places, for example, the specifics of the potential gains in agility within the competitive context (an identified target together with where agility is most likely to advantage the player) and the timing of the PDP within the context of the candidate's playing season.

Principles and methods of training have been applied and accurately used, although additional supporting research as to the theory behind the training methods is required.

SAQ and specific agility training are appropriate methods for improving the target component of fitness, although this section would have benefited from a little more detail and depth, with the inclusion of, for example, agility sessions using a ball (and therefore even more specific to improving performances in a match setting), and which is increasingly favoured at elite levels.

More detail about the precise nature of the training is needed. What is the theory behind the distances covered, repetitions and sets completed? The training drills are described in the appendix but there needs to be some underpinning theory to support the choice of training activities. For example, what kinds of distances are involved in the random slalom runs? What is the thinking behind them and how might these be made progressively more demanding over the eight weeks?

The selection of tests is accurate and effective, demonstrating a high level of understanding. The choice of tests is supported by evidence from recent studies and demonstrates a high level of research and application of knowledge.

The work is mark band 5: 9/10

Maximum marks would have been achieved had the candidate:

- In addition to the theory behind the choice of fitness tests, included a reference to the supporting theory and science for the choice of training methods and nature of the actual training undertaken

Review and evaluation

The extensive range of **qualitative and quantitative data** supports the critical evaluation of the impact of the programme.

Quantitative data suggests an improvement in test outcomes commensurate with the training undertaken, and with the potential for improving performances in matches. Although there is a reference to match performances, additional data would also have provided additional evidence as to the effectiveness of the plan. For example, more on the percentages of, say, successful dribbles in matches, such as dates of matches within the plan, the timing of the dribbles, distances covered, opponents beaten, and outcome. Had a movement analysis been undertaken at the outset a comparison could have been made at the conclusion of the training.

The importance of testing and changes in the test scores are considered and include references to certain potential physiological changes, including neuromuscular patterns and their impact on sport specific movements. The work is accurate, with a clear evaluation for the changes in test outcomes.

There is a helpful summary and **recommendations for future development** are well chosen, suggesting a very good level of understanding.

Mark band 4: 8/10

More marks would have been awarded had the candidate:

- Provided more robust evidence of the impact of the training on performances in a match setting

Total marks: 36/40