

# Unit 26 - Technical and Tactical Demands of Sport

**Skill:** The ability to select and successfully perform the appropriate techniques at the right time.

**Ability:** An ability is innate (genetic as opposed to learnt).

**Fundamental motor skills:** These are skills that we generally learn as children. Simple skills such as hopping, jumping, throwing, catching, kicking and striking.

**Skill Classification:** Skills can be classified according to the environment in which they are performed or by what determines the pace in which it is performed.

**Performance Analysis:** Methods of observing and analysing performance using different measurement tools.

**Benchmark:** established, reliable and reviewed statistics. Their function is to provide a basis for comparison.

**Ideal Model:** A performer to use as an example of elite performance

**Protocol:** The specific procedures of carrying out research.

**SMART Target:** Specific, Measureable, Realistic, Time bound targets to improve performance.

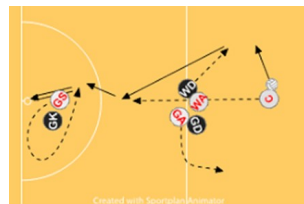
**Tactic:** A specific plan for a team or individual to increase their chances of winning.

**Strategy:** A particular approach to a competitive scenario involving different tactics.

**Game Plan:** A specific and detailed tactical approach to a range of situations and scenarios.

## Wider experiences and opportunities:

- All students will be encouraged to view elite footage and analysis looking for scenarios which demonstrate tactical and technical excellence.
- Opportunities to have access to outside speakers and businesses which look at performance analysis.



Video Analysis



Notational Analysis



Movement Analysis

Favourite part of Christmas	Number of people
Decorating the tree	100
Opening presents	100
Playing in snow	100
Carols and music	100
Time with friends and family	100
Christmas food	100

Tally Charts

Each row to rate the following aspects of your stay				
Very good	Good	OK	Poor	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Rating Scales

FIFA REFORM CHECKLIST FOR FIFA PRESIDENTIAL CANDIDATES				
	YES	NO	WONT	SAF
*Establishment of a competitive committee with external membership	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Have executive Director on the executive committee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Member of the press and other external stakeholders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Approval of the previous cycle of account	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Member financial disclosure at all levels of staff and member representatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Greater transparency in and competition investigations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Greater adoption of democratic procedures to reform FIFA election process	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Checklists

Premier League		2017/18	
Appearances	Goals	Wins	Losses
37	8	31	2
<b>Attack</b>		<b>Team Play</b>	
Goals	8	Assists	16
Goals per match	0.22	Passes	2,493
Headed goals	0	Passes per match	72.78
Goals with right foot	3	Big chances created	19
Goals with left foot	5	Chances	348
Penalties scored	0	Chances accuracy %	23%
Freekicks scored	1	Through balls	41
Shots	94	Accurate long balls	130
Shots on target	39		
Shooting accuracy %	41%		
Hit woodwork	4		
Big chances missed	3		

Technical skills	Successful	unsuccessful	Total	Success percentage	Comments
Passing – Accuracy, technique, variety					
Bounce					
Crest pass					
Overhead					
Marking – Balance, co-ordination, was there fouls from marking					
Marking the player					
Marking the ball					
Marking the space					
Interceptions – balance, maintaining possession					
interceptions from a shot					
interceptions from a pass					
Jumping					
Rebounds – rebounces, maintaining possession, balance and speed					
Total					
Fouls committed					
footwork					
crosscode					
obstruction					
contact					
Total					
Tactical skills					
Set pieces – precision and clean					
backline passes					
Movement pressure, balance, no fouls, maintaining or taking possession					
Blocking players out the goal circle					
Holding space					

## Assignment 1-

### Learning Aim A

Examine the technical skills and tactical components of sport that contribute to effective performance

Produce a presentation on 2 contrasting sports:

- Definition of skill and ability
- Skill classification, skill continuums and type of skill.
- Tactics, strategy and tactical considerations
- Performance-based scenarios
- Contrast the differences between the team and individual sport, in their application of technical skills and tactical performance

## Assignment 2-

### Learning Aim B

Investigate methods to measure technical and tactical performance in sport

### Learning Aim C

Explore the technical and tactical performance at different stages of the performance continuum

Produce a written report:

Report part 1:

- Types of video analysis
- Reliability, validity, accuracy and usability of each

Report part 2:

- Key technical and tactical components in sport
- Ideal models and benchmark
- Protocol and justification of measurement tool

Report part 3:

- Collate and explain data
- SMART targets and development plan

