

## Unit 5 – Performance Analysis within Sport

- Within this unit you will be looking at the analysis side of sport and how it can help both improve the performer/teams as well as informing and educating people about the sport.

### Activity 1

- Using your knowledge and any research that you want to, you need to create a list of different techniques, tactics and fitness components factors needed within football (these are things that you need to be a good footballer).
- Once you have done this, you need to put them into a table similar to below:

<u>Skill</u>	<u>Successful</u>	<u>Unsuccessful</u>	<u>Rating</u>	<u>Comments</u>

- Then watch the link below and fill out the table as you go
- Pick one team to focus on
- When you see a skill being carried out, you need to tally this in either successful or unsuccessful depending on what happens in the game
- Do this for at least 15 minutes
- [https://www.youtube.com/watch?v=0QnLkvKQ\\_mc](https://www.youtube.com/watch?v=0QnLkvKQ_mc)
- Once you have completed this, you need to give each skill a score out of 10
- Include some comments for each skill. Is this a strength or a weakness and why?

### Activity 2

- Once you have done this, I want you to repeat this for a sport of your choice (but it needs to be an individual sport, e.g. Badminton, Tennis, Athletics, Gymnastics, Swimming etc).
- Create your table and then come up with the skills (techniques, tactics and fitness components)
- Find a video clip for this and replicate the performance analysis process or use the one below
- <https://www.youtube.com/watch?v=ulj03RsGrJA>

### Activity 3

- You now need to compare and contrast the performance analysis process for both of these sports
- What is similar for both team sports and individual? Why?
- What is different for both team sports and individual? Why?
- Was it easy or hard to collect performance analysis data for Football (team sport) and why?
- Was it easy or hard to collect performance analysis data for your individual sport and why?
- If you were to do this again, what would you change and why?
- Is there a different method you would think of or like to use for either of these sports?