

R185 | PERFORMANCE AND LEADERSHIP IN SPORTS ACTIVITIES

TOPIC AREA 2

Applying practice methods to support improvement in a sporting activity

Strength and weaknesses

Basic skills needed in netball



Basic tactical skills needed



Strengths

One of my strengths is my footwork as I am able to land both one and two footed while maintaining balance with the ball.



Weakness

One of my weaknesses is my defending as I get too close to attacking players (>0.9m), giving away a penalty to the other team.



Different types of practices and progressive drills

Whole

The whole skill is performed at once (e.g. full sprint start).



Part

The skill is broken down into parts which are practised separately (e.g. just the 'set' phase in the sprint start)



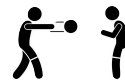
Variable

The skill is practised in the range of different situations that could be experienced in a performance e.g. adding defenders and goal keepers in a shooting drill.



Fixed

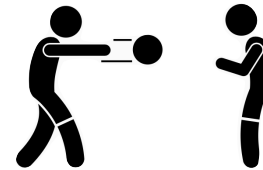
A specific skill or technique is repeatedly practised in the same way e.g. A chest pass drill with a partner.



Progressive practices/drills

Drills/practices that show a clear increase in difficulty, dependent on the ability of the performer. For example a progressive practice/drill in basketball could be:

1. A basic chest passing drill



2. Passing while on the move



3. Passing with a defender



Alternating the context

Alternating the context of performance

Changing the circumstances in which a performer is training e.g. Training with more experienced players to increase skill or knowledge. The context can also be changed by adding defenders into practices.

Measuring improvement

Video analysis

To identify weaknesses and how performance can be improved.

Other assistive technology

To improve performance, such as quantitative activity trackers.

Monitoring competition results

Over a period of time.

Tools selected will be dependent on the chosen activity and the ability level of the performer.

Key Terms

■ **Skill** - the ability to do something well

■ **Progressive drill** - a person looked to by others as an example to be imitated.

■ **Variable practice** - knowledge or perception of a situation or fact.

■ **Trends** - a general direction in which something is developing or changing.

■ **Tactical** - an action or strategy carefully planned to achieve a specific end.

■ **Part practice** - the action of providing or supplying something for use.

■ **Fixed practice** - the publicising of a something to raise public awareness.

■ **Emerging/New sport** - Refers to non-tradition sports.

10 KEY QUESTIONS

Applying practice methods to support improvement in a sporting activity

- 1 What are the basic skills in netball?
- 2 What are the basic tactical skills needed in netball?
- 3 Name 5 key skills in a sport of your choice.
- 4 Name 3 tactical skills needed in a sport of your choice.
- 5 Identify and describe a strength in a sport of your choice.
- 6 Identify and describe a weakness in a sport of your choice.
- 7 Give an example of each type of practice in sport of your choice.
- 8 Give an example of an progressive drill or practice in sport of your choice.
- 9 Give 2 ways in which you can alter the context of performance.
- 10 Identify and example now to measure improvement in sports performance.

Extension
Task(s):



Research all the different types of skills and drills in a sport of your choice on the sports plan we