

### **AS Sport Studies Written Project**

#### **Planning**

My project on a sport activity will be based on the sport football. I will plan and observe the five skills of:

- Pass
- Head
- Shoot
- Tackle
- Dribble

From the observation I take I will construct a project showing how my performer carried out the skill with what weakness he has made when carrying out the skill and compare it to a professional performer. From the results I will evaluate his performance and draw a conclusion of how he can improve his skills. I will start the project on the following day as shown in the timetable below and do the following task on the dates shown.

<b><u>Date Commencing</u></b>	<b><u>Task</u></b>
16/11/2004	<ul style="list-style-type: none"><li>• Observe the performer carry out the skill of passing</li><li>• Use camcorder or sketch pictures to make observation easier to evaluate and make project valid.</li><li>• Make conclusion of the performer compared to a professional performer carrying out the skill of passing</li><li>• State the weakness and strengths of the performer</li></ul>
23/11/2004	<ul style="list-style-type: none"><li>• Observe the performer carrying out the skill of heading and shooting</li><li>• Use a camcorder or sketch picture to make the observation of shooting and heading of the football and draw conclusion which is valid.</li><li>• Discuss the performance of the performer acting the skill and compare to professional.</li><li>• state how he achieved to do the skill with allocating the movement of the body</li><li>• State strengths and weakness of the performer acting the skills and justify how the weakness has occurred.</li></ul>
30/11/2004	<ul style="list-style-type: none"><li>• Observe the performer carrying out the skill of tackling and dribbling in football</li><li>• Use a camcorder or sketch pictures of the performer carrying out the skill</li><li>• State the correct movement carried for the skill</li></ul>

	<ul style="list-style-type: none"><li>• State strengths and weakness of the performer carrying out the skill and justify how might it be improved</li></ul>
7/12/2004	<ul style="list-style-type: none"><li>• Produce table showing overall all strengths and weakness of the five skills which the performer carried out</li></ul>
14/12/2004	<ul style="list-style-type: none"><li>• Evaluate and decide what are of weakness is the most appropriate to improve considering what resources are available to the performer</li></ul>
21/12/2004	<ul style="list-style-type: none"><li>• Justify the choice of focus, stating all the sources used</li><li>• Write a bibliography stating all the sources used</li><li>• Produce a final communication report.</li></ul>

### **Observations**

### **Shooting**

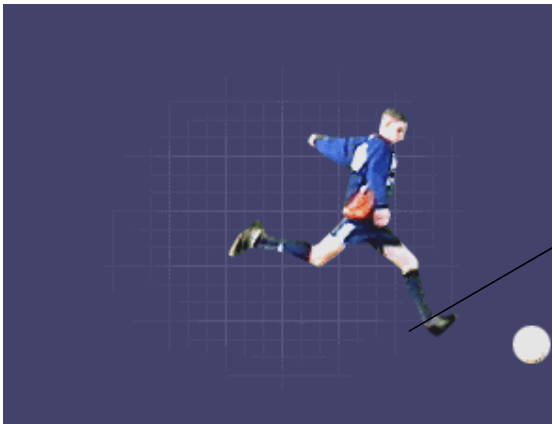
Power, accuracy and scoring, or at least making the goalkeeper save, are the principles of shooting

### **Technical Model for Shooting**

- Non-kicking foot at side of back
- Arms out for balance
- Strike ball with instep
- Follow through

Performer	County Player
<ul style="list-style-type: none"><li>• The performer kept a low drive with the instep but did increase power by bringing the leg thoroughly quickly.</li><li>• He did bring the non-kicking foot on the side of the back to keep balance</li><li>• He tried to aim at the middle of the goals towards the goalkeeper which meant it was easy for the keeper to save.</li><li>• He didn't sacrifice accuracy as it was aimed directly</li><li>• Didn't try to use his arms for</li></ul>	<ul style="list-style-type: none"><li>• The basics were a low drive with the instep, but he increased the power by bringing the kicking leg through quickly and increasing the follow through.</li><li>• He kept his shots low and aimed for the corners as this is the hardest area for the goalkeeper to save.</li><li>• He shoots towards the far post using his arms for balance also, and then another team-mate could take advantage of any rebounds.</li><li>• Aim to get plenty of power into the shot, but didn't sacrifice</li></ul>

balance for enhanced shooting	accuracy.
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As you can see from the screen shot of the county player it show in the image of the player carrying out each of the bullet points to carry out the skill of shooting

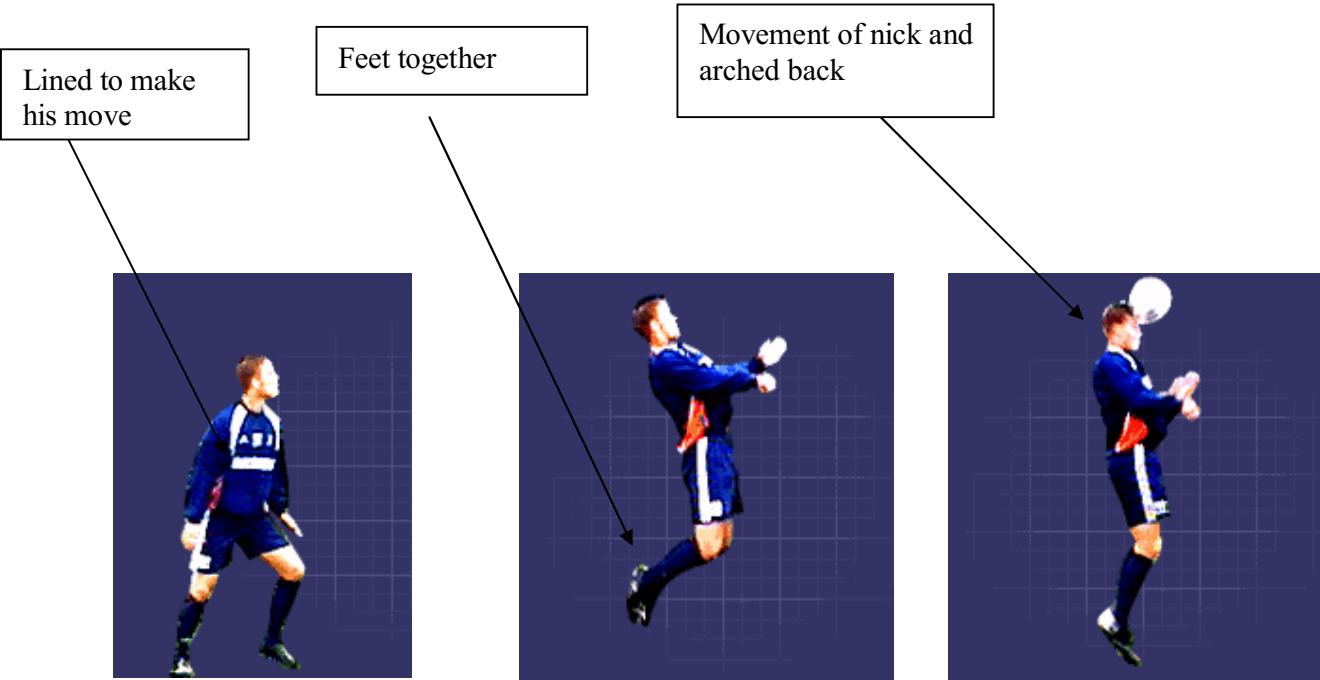
## **Heading**

The forehead is the safest and most effective part of the head to use. So get yourself into the best position and get the timing of your headers right.

### **Technical Model for Heading**

- Use Forehead
- Arms extended for balance
- Knees bent with feet together while jumping out for the ball and arms out
- Movement of neck with arched back while hitting the ball

Performer	County Player
<ul style="list-style-type: none"><li>• The performer focused on the ball but did not try to move into line.</li></ul>	<ul style="list-style-type: none"><li>• Kept his eyes focused on the ball and move into the line of flight.</li></ul>
<ul style="list-style-type: none"><li>• He Bended his knees to generate the power and arched his back jumped out for the ball not using his arm for balance or his nick.</li><li>• He hit the ball with his forehead</li><li>• Did not raise his arms for having balance during the time he was of the ground</li></ul>	<ul style="list-style-type: none"><li>• He needed to generate power into the ball so he bended the knees arch the back and thrust his head and body forward on contact, keeping his neck muscles tensed.</li><li>• He used his arms for balance as a lot of the time when he headed the ball he was off the ground to keep balance. He tried not raising them too high.</li></ul>



As you can observe from the pictures above it shows images of the county player carrying out the skill of heading the football in different images starting with lining up for the header and moving on to head the ball.

## Passing

If you want to play a low pass with enough strength to get past an opponent then you'll need to use the instep and drive through the ball.

It is great for splitting a defence because you can get enough power on the ball to place it past a defender.

But still keep the ball on the ground and make it easy for a team-mate to run on to.

## Technical model of passing

- Non-kicking foot at side of back
- Strike with side of foot
- Follow through in line of intended to pass
- Strike ball with touching the mid-point

Performer	County Player
<ul style="list-style-type: none"><li>• The approach for the ball could have been improved as the short side foot pass.</li><li>• He kept the ball low but did not concentrate keeping his knees over the ball but did lean back having his non-kicking foot at a side of back.</li></ul>	<ul style="list-style-type: none"><li>• The approach to the ball was the same as with the short side foot pass</li><li>• He kept the ball low and concentrated on keeping his knee over the ball and remember not to lean back with having non-kicking foot on the side</li></ul>
<ul style="list-style-type: none"><li>• He strikes the side of the ball without the centre with the toes pointing downwards and followed through with it to generate power intending to pass.</li><li>• He did not try to aim the mid-point of the ball to make it accurate</li></ul>	<ul style="list-style-type: none"><li>• He strikes the centre of the ball with the laces (instep), with the toes pointing downwards.</li><li>• He also followed through with the kicking leg to increase power.</li><li>• He hit the ball at the mid-point to get accuracy</li></ul>

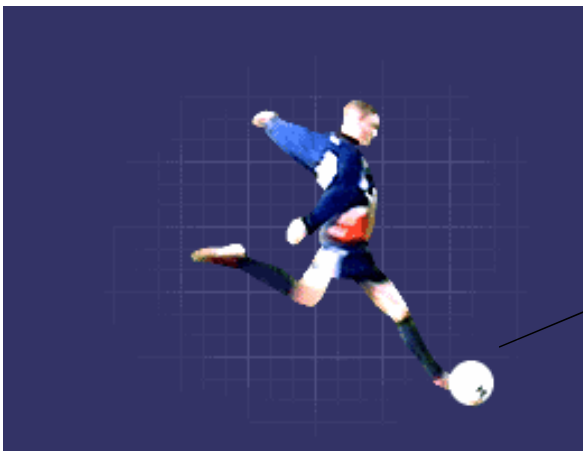


Image of the county player passing the ball with a follow through

## **Tackling**

The football block tackle technique is an essential skill, because any team must be able to win the ball. If you cannot tackle you are left relying on intercepting passes when your opponents make a mistake. Tackling allows you to compete for the ball, and take the initiative.

### **Technical Model of Tackling**

- Attack the player with non-tackling foot anchored on the ground
- Use inside of foot to tackle
- Use weight as advantage
- Head down looking at the ball

<b><u>Performer</u></b>	<b><u>County Player</u></b>
<ul style="list-style-type: none"><li>• He planted the non tackling foot firmly but did not provide a firm anchor.</li><li>• He used the inside foot to tackle and used his body weight to an advantage keeping his head down towards the ball.</li></ul>	<ul style="list-style-type: none"><li>• The block tackle starts by planting the non-tackling foot firmly on the ground to provide a firm anchor.</li><li>• The inside of the foot is used for tackling, not the toe, and it's important to put the full weight of the body behind the football, and to get the head down over the ball</li></ul>



As you can see from the image the player is using his inside of foot to tackle the player

## **Dribbling**

Dribbling flicks and tricks in football or soccer are fun to do, and great for getting past defenders, creating space. Dribbling skill can be used for running and beating defenders, and creating space to shoot or pass the ball.

### **Technical Model for Dribbling**

- Receive and pass the ball
- Dribble ball with inside of foot and outside
- one or two touches or may mean using more touches and bursting into spaces when appropriate

<b><u>Performer</u></b>	<b><u>County Player</u></b>
<ul style="list-style-type: none"><li>• He did not try receive ball from other players</li><li>• The player was anxious to get rid of the ball, using large touches with ball being few meters away from his feet and did not try to confuse the players.</li></ul>	<ul style="list-style-type: none"><li>• He kept patient with the ball making small touches using different surfaces of the foot such as inside then outside repeating the following moves to distract the player.</li></ul>
<ul style="list-style-type: none"><li>• He kept looking towards the ball to make sure it was not rolling away.</li></ul>	<ul style="list-style-type: none"><li>• He kept this head up and tried not to look down towards the ball.</li></ul>



Image of the county player dribbling the ball. As you can see the player is touching the ball from the outside of the foot

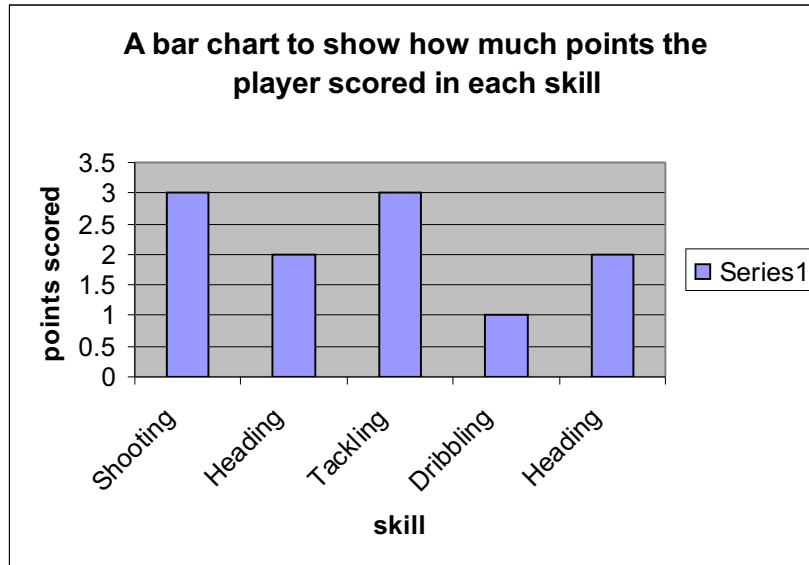
### **Point scored for skills**

After observing my player I have come to a conclusion that comparing my performer to the technical models I can score my player of what actions he took to achieve the skill.

I have given points out of four because there are four main points in the technical mode. So evaluating the observation I produced the following results shown below

<u>Skill</u>	<u>Points awarded out of four</u>
Shooting	3
Heading	2
Tackling	3
Dribbling	1
Heading	2

### **Bar Chart**



### **Strengths and Weakness of Performer**

#### **Shooting**

As the performer carried out the skill of shooting I observed him several times while he took shots at the goals to score past the goalkeeper. There were several weakness he had and strengths as they are bulleted below.

#### **Strengths**

- He kept the ball low on the ground by his feet and not too far so a defender could acquire the ball from him. He manages to do this by having his non-kicking foot on the side which did not cause obstruction and led to advantage of getting the ball to the other side and taking the shoot.

- As he moved towards the goal he took a shoot which had accuracy right at the goals which was not too wide or high which meant he did not sacrifice his shot and there was a higher percentage of him scoring. He carried out this by using his arms for balance which led to taking the shot and having his non-kicking foot beside him for the right technique.

### **Weakness**

- A general weakness he had was he did not follow through the ball meaning as he took the shot which did not have a lot of power in it which led the other side of getting the ball giving them an advantage.
- Another weakness was as he took the shot he did not try to aim for a corner or strike the ball with an instep which led to less accuracy of the ball and less advantage of scoring a goal.

### **Heading**

I asked my performer to carry out the skill of heading several as the occurrence of the skill was extremely fast I could not observe it promptly. Once I used the camcorder to evaluate the skill I attained several weaknesses and strengths.

### **Strengths**

- As the performer moved towards the ball to carry out the skill he focused on the ball, which was an advantage as it gave him better concentration for obtaining his goal.
- In addition to focusing on the ball he bent his knees to generate power while the ball was coming towards him.

### **Weakness**

- The performer did not try to move into a line while the ball was coming towards him.
- While performing the skill he had a big fault of not having balance while jumping out for the ball because he did not use his arms.

### **Passing**

After carrying the skills of shooting and heading I moved to observe my player carry out passing skills. After observing him a few times I realised he had weaknesses and strengths.

### **Strengths**

- He concentrated on the ball which led to using the side of his foot to pass not his front part of foot which kept the ball at a slow pace and the performer having time to strike the ball at the midpoint.
- As he carried out the skill again another strength I realised was he always followed through with the ball which generated power for the ball to get to the other players.

### **Weakness**

- A grim weakness was that he never tried to keep the ball close to his feet when he was going pass. This happened because the performer did not try to keep his non-kicking foot on the side

### **Dribbling**

When the performer moved on to carry out his dribbling flicks and tricks to get past other player he lost the ball to the other side very often which the reason for this was he weakness but did have some strengths.

### **Weakness**

- Several weaknesses appeared in dribbling but a common mistake was he did not use one or two touches and burst into space when appropriate. He used four or five large touches which led the ball appearing 25-30cm away from him leaving other player advantage of retrieving the ball.
- He did not use the inside and outside of foot while dribbling he intended to use the front of the foot which led to mistakes.

### **Strengths**

The performer I was observing did not have lot of strengths in dribbling as he was very nervous while having the ball dribbling was a weakness for the performer.

- While he was carrying out dribbling I realised he did try to receive the ball and pass regularly.

### **Tackling**

While observing my performer carry out tackling other members of the team I realised he did not hesitate as he felt it was quality in him for tackling players. I did evaluate some weakness and strengths while he carried out the skill.

### **Strengths**

- A common sight was the performer kept using his inside foot to tackle other player which meant he had firm grip while using the inside foot as he had better balance.
- Another advantage was he used his body weight to his advantage by getting possession of the ball and while another player came to tackle him he shielded the ball using his body weight.

## **Weakness**

- One weakness which led the performer losing the ball frequently was that he never kept eye on the ball by moving his head down in intervals and knowing the position of the ball which this led other player approaching him and tackling him.

## **Evaluation**

Following the task of observing my performer and comparing him to a technical model and county player and making conclusions of his strengths and weakness I have realised there some skills that my performer can carry out with lots of strengths and no weakness but some have lots of weakness which he need to work on to become a better performer.

I have made a conclusion of that the weakest skill of my performer is dribbling. I realised that when he had possession of the ball and tried to tricks and manage to get past other player he would lose the ball which gave advantage to the other side.

For my player he got access to lot equipment to try and practise to the skill of dribbling. My player has access to lots of different types of pitches such as a sports hall, grass fields and weather pitch which has access to floodlights to train and has facilities of the college such as camcorders and other students and teachers which can observe him and record him carry out the skill and teach were he is going wrong. Also the performer has access to professional performer which can help do tasks as going around cones and teach activities he can do to improve. Most of the equipment my performer needs he has access to it through his college.

If my player wants to consider improving in dribbling he needs to take some steps such as his body position when he has possession of the ball. I have realised that when he has the ball he keeps the ball away from distance of 70-80 meters which means other player can get access to it very effortlessly. Also my performer should consider trying and using the outside and inside of foot when he is dribbling the ball and should try not getting nervous.

My performer has minor problems with other skills but if he wants to be a better player he needs to take on other player and get to the other side and the score. For the performer to do this he needs to improve on dribbling.

I haven chosen dribbling as a skill for my performer to improve on because after evaluating the tables and observing him I came to a conclusion that if he improves on dribbling as it is a weakness he will be able to participate in the game more and bring advantage it his team has he would have a wider area of skill in football. Also I have realised that for my performer to improve on dribbling want be a problem as he has access to all facilities I have mentioned and have improvement it would benefit him.

## **Bibliography**

### **Internet**

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<http://www.mastersport.co.uk/football.htm>

<http://www.bbc.co.uk/sportacademy/football#>

<http://www.encyclopedia.com/>

### **Books**

**Name of book-**Starting Soccer (First Skills S.)

**Author-**[Helen Edom](#), [L. Sims](#)

**Release date-**oct 2004

**Publisher:** E.D.C. Publishing; Revised edition

**Name of book-**Football Skills and Drills

**Author-**[Tom Bass](#)

**Release date-**July 2004

**Publisher:** Human Kinetics Publishers; 3rd edition (July 6, 2004)

**Name of book-**Step-By-Step Soccer Skills: Training \* Techniques \* Tactics \* Skills \* Fitness

**Author-**[Dave Smith](#), [Pete Edwards](#), [Adam Ward](#)

**Publisher:** Hamlyn

**Release Date-**(September 1, 2000)

### **Coach**

**Name-**Paul Fitcher(football Academy Player)

**Part of** Huddersfield New College

### **DVD**

**Title-**All The Right Moves - To Beat and Get Past Your Opponent

**DVD Release Date:** August 1, 2000