

Physical Education Self-Assessment

Analysis and improvement of SARAH EVANS in a game of Hockey

1. Make a list of the skills you feel are necessary for your player to produce an effective performance

- ◆ Dribbling the ball
- ◆ Good accurate passing
- ◆ Receiving the ball
- ◆ Dodging an opponent
- ◆ Tackling an opponent
- ◆ Shooting accurately

2. Which of these does she perform well?

- ◆ Playing in defence so shooting accurately is not appropriate

Skill	Performed V. well	Performed well	Performed not well	Performed badly
Dribbling				✓
Passing	✓			
Receiving	✓			
Dodging				✓
Tackling		✓		

3. Which of these skills do you feel has room for improvement?

Dribbling the ball and dodging

4. Select ONE of these skills and describe as clearly as you can why it needs to be improved.

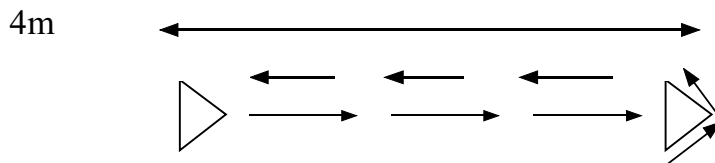
The player did not, on many occasions perform the skill of dribbling as each time she gained possession from the ball either from her team or a tackle she immediately passed it onto another member of her team. This also means the skill of dodging an opponent was not performed because she did not travel with the ball, but this a skill which will come with the improvement of the other. The player may have not travelled with the

ball because she is uncomfortable with dribbling therefore; this is the skill, which needs to be improved.

It is important the player is able to dribble with the ball in a game of hockey in case there is not a team mate to pass to down the field that is free or in a good position. Consequently, it is necessary to dribble the ball to gain ground down the field until the team mates are in a suitable position to pass to, were the ball will not easily be picked up by opposition. When dribbling it is important the player does not lose the ball to opposition so they need to have the skill to be able to do dge an opponent that may be challenging for the ball.

5. Describe a practice which your player could use to try and improve this skill

Practice 1.



This basic practice enables my player to improve her open -dribble by travelling with the ball in a straight line there and back, while also manoeuvring around a cone, still firstly without using the reverse side of the stick. This is to be done in walk. The practice is kept simple to enable her to improve any basic skills, which they may not have perfected, before moving on to things that are more complex and require skill that is more advanced.

You could evaluate if she is making any progress by seeing if she is dribbling the ball in a controlled straight line from one cone to another without falter and a target time could be set for her to meet. The player is progressing when they get nearer the set time as it shows they are performing the skill well. If she can easily accomplish the task in walk then the practice needs to be speeded up, so jogging and eventually running speed. The next step should not be moved on to if she has not accomplished the step she is on to the desired level.

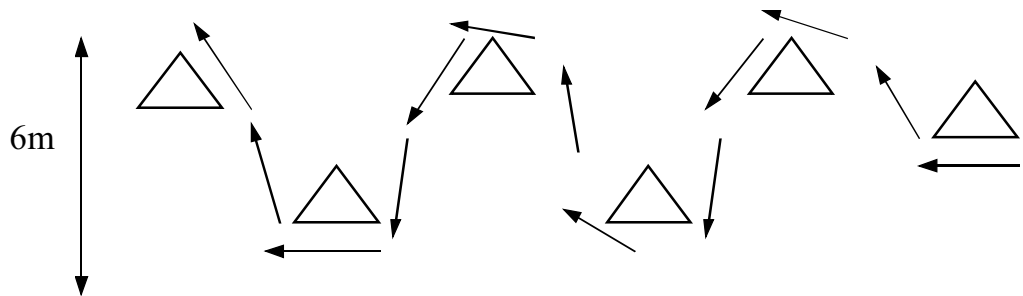
Coaching tips for player performing practice

- ◆ Before you begin the practice, make sure you are gripping the stick correctly. (this might be affecting the quality of your dribbling) For this practice, you need to have the correct standard grip, which is the

same for both right – and left-handers. Place your left hand at the top of the stick so that your thumb and forefinger form a ‘V’ down the back of the stick. Now place your right hand about one third to halfway down the shaft of the stick.

- ◆ For open dribble use the standard grip and keep the ball to the right and in front.
- ◆ Keep your head up to look where you are going and for balance.
- ◆ Have the ball in control by keeping it close to your stick.
- ◆ Use small taps on the ball to advance quickly up the field or in this case course.

Advanced practice



The player must only attempt this practice after she has fully mastered the first practice at a running speed as for maximum improvement everything should be taken slowly at a step at a time. This practice enables my player to improve her reverse stick dribbling used to create space and time when your opponent has blocked your path ahead. As, in the more simple practice, it is to first to be done in walk and then speeded up but each step must be completed to a satisfactory level in evaluation. You could evaluate the player by making sure each step of the practice is completed with good control of the ball, with the ball being maneuvered successfully, when needed with the reverse side of the stick, all this needs to be done in time. The player is progressing as she gets nearer the set time as it reveals that the skill is being performed well.

Coaching tips for the player performing the practice

- ◆ You must reverse the stick not play with the rounded side.
- ◆ The reverse stick is achieved by rotating the stick one half turn by loosening the lower hand and rotating the upper hand.
- ◆ To move the ball around corners quickly using the reverse stick tap sharply to move the ball from left to right.

After these practices have been completed, the player should now be able to confidently dribble down the field and dodge away from challenging opponents using the reverse side of the stick.