

Strengths and Weaknesses

To be able to analyse myself playing football I need a lot of feedback from my parents friends and myself. I realise that my parents and friends may be biased so I will concentrate on the feedback from knowledge of results and from intrinsic feedback from myself.

I got my parents to watch me play football against some of my friends and then asked them to tell me what they thought were my strengths and weaknesses. I also got the friends that I was playing against to give me their judgement of my weaknesses.

This feedback from them and the intrinsic feedback from myself helped me draw up a table of strengths and weaknesses.

I found that there were more strengths than weaknesses but my overall game could be improved as a whole if I was to be coached at a high level.

The table for attacking.

Strengths	Weaknesses
Good long and short passing ability with almost pin point accuracy. This I can do with both feet.	Not enough power in most headers.
Good finishing ability. I rarely missed during the game, if I was in a good shooting position. E.g. In the area.	Whilst jumping for a header I concentrated on the player challenging me and not the ball.
Good awareness of where defenders were. E.g. Breaking the offside trap.	Not enough height in the jump for headers.
Good acceleration to beat the defenders	Not enough strength applied to defender whilst waiting for the ball to drop.
Good ability to make runs off the ball, therefore giving the person with the ball options to pass.	Misreading some balls kicked over defenders. E.g. if it took a deflection I wasn't ready for it.

Table for defending

Strengths	Weaknesses
Good tackling ability. Rarely missed or miss timed a tackle.	Fell for some dummies.
Good strength to holds off attacker	Beaten to some headers.
Good marking ability. Kept on the man I was marking and didn't let him get a shot in.	I had a habit of sticking out my leg, which caused deflections.
Read the ball quickly, therefore getting to it before the attacker.	Made a few fouls, usually from behind

These tables show my motor skills, the physical part of my game. They don't explain the three other parts of my game, my perceptual and cognitive skills and my overall fitness.

Perceptual skills.

My perceptual skills are my ability to read situations, balls and improvise on that situation to gain an advantage.

The way that I analysed myself on my perceptual skills is by my knowledge of results. The feedback I got was very positive. When I was attacking my off the ball running into space was excellent., this was because of my awareness of where defenders where. Whilst defending I read the ball quickly and therefore I got to the ball first or got a block to the ball.

This therefore means that my perceptual skills were very good and I therefore wont be concentrating on improving them.

Cognitive skills

These are set plays, strategies or tactics used during play. To be able to put these into practice you need to have good perceptual skills also. During an attacking play I relied on initiative instead of set plays but I did have tactics, such as, playing off the shoulders of the last defender to break the offside trap.

Whilst defending I also did okay as I had tactics, such as, making the attacker face is own goal, but I didn't really have set plays, although I had a marking system set up with the other defenders.

Therefore I believe that my cognitive skills can be improved by setting up some set plays or by working with the same defenders and attackers more often.

Fitness

My overall fitness throughout the game was good. It deteriorated towards the end as fatigue set in but my fitness could have been a lot better. I therefore need to improve my fitness and also improve things such as strength and power in certain areas of my body, e.g. my ankles.

In order to achieve this raised level of fitness I will have to go to the gym and build up the muscles that I think are weaknesses.