

To find out the fitness demands of the football, we discussed the fitness requirements for successful participation in activity. I also used a fitness profile sheet to identify specific aspects of fitness. This helped me identify the fitness needs of the game.

The skill demands of the game were gathered using a personal review sheet, this helped me to identify the skill demands on my position, I also reflected on my ability as a player after playing a full 90 minute game.

I also identified the specific fitness demands of my position, the position played within a team can place different demands on a performer.

After playing football I made valid judgements on my present level of fitness, this assisted me on identifying my current strengths & weaknesses. What I found was that when I had the ball at my feet I didn't act fast enough, thus allowing the opposition to come in and take the ball away from me.

To assist us with this method of data collection we were filmed engaging in a game which was filmed, we then used two observation sheets to gather information on our performance;

- Skills

Skills analysis is used to establish strengths & weaknesses within general play. We collected information throughout the game on the quality of play. I found that my level of skill deteriorate throughout the game, and that my ending level of skill was much lower than my level of skill at the start of the game, this is due to cardio respiratory & muscular endurance setting in, this is also known as fatigue.

- Movement

Movement analysis is used to establish if a player was moving efficiently throughout the game. We collected information throughout the game on the quality of movement. I found that I made decent runs, and that I was playing in my correct position at all times, but this deteriorated towards the end of the game due to fatigue.

These sheets were reliable ways to collect data as it was specific to my performance in the game, and the role that I was playing in, and we could make accurate collections as we could watch the video over and over.

Football being a sport that is constantly on the go, your cardio respiratory endurance plays an important role in the game. As the game goes on a player usually becomes increasingly tired, becoming less able to perform at the level they played at the beginning of the match. Having identified specific aspects

of fitness to be important for participation I measured mine using standard tests. The aspects of fitness important for football are :

- Cardio respiratory endurance
- Muscular Endurance
- Speed endurance
- Power (strength + speed)
- Flexibility

The tests that we used were, The 12 minute cooper test, this was effective because it gave you your VO2 MAX & an indication of your cardio respiratory fitness.

VO2MAX is your maximum level of oxygen your lungs can intake in one breath. I then compared my results to the National Norms, this is an average set of results, where sex & age come into consideration. The norms give you an indication of your performance level, excellent, good, fair, or poor, this is worked out by how far you run in 12 minutes. My result was that I was that I had a poor max level of oxygen lung capacity. This method of collecting data is reliable because it can be compared to the National norms, and the test is carried out by a teacher under strict test conditions.

All this data can be used to establish an appropriate training program. It can also be used to make comparisons with further data collections to establish if any progress has been made.

In my conclusion, I found out the fitness aspects & skill demands for the game, and for specific roles within the game. The methods of data collection used to find out the demands, and why these were useful.