

Key terms

Rules – a set of regulations or principles that govern behaviour

Regulations – principles that are applied consistently in a sport.

Etiquette – the rules that govern how people behave with others. In sport, etiquette is also known as sportsmanship and fair play.

Technique – a way of carrying out a particular skill.

Tactics – the skills and strategies a player uses in any type of sport in order to win.

Notational analysis – the recording of movement patterns and other performance data by an observer.

You will need to demonstrate effective use of skills, techniques and tactics in a range of different situations, including:

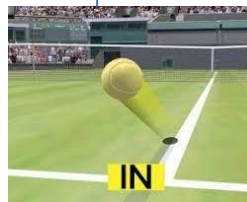
Isolated practices – practices which are devised to develop a skill or technique

Conditioned Practices – practices with special rules or restrictions that support the development of the skill

Competitive situations – events or contests where more than one sports performer competes to achieve a set goal, following all rules, regulations and scoring system

Responsibilities of Officials

- Fitness
- Qualifications
- Interpretation and application of rules/laws
- Control of competitors
- Health and safety of equipment
- Health and safety of competitors
- Health and safety of facilities
- Fair play
- Use of technology
- Effective verbal communication
- Effective non-verbal communication



SWOT Analysis

<p>STRENGTHS</p> <ul style="list-style-type: none"> • Good overhead clear • Good agility on the court • Excellent court coverage • High fitness levels 	<p>WEAKNESSES</p> <ul style="list-style-type: none"> • Inconsistent short and long serve • Poor back hand clear, drop and smash • Poor reactions • Poor shot selection
<p>OPPORTUNITIES</p> <ul style="list-style-type: none"> • Develop serves during coaching sessions • Opponent has a poor drop shot, therefore can try to attack • Opponent is not very quick around the court 	<p>THREATS</p> <ul style="list-style-type: none"> • Opponent has good shot selection and knows my backhand is my weakness • Opponent has a powerful smash

Goals

Short term – set over a short period of time, between one day and one month

Medium term – should progressively support the team/individual achieving the long term goal

Long term – set for and with a team or individual to help them determine where they want to go, and what they want to achieve and the best way of getting there

Different types of skills

Type of Skill	Description
Open skill	Skills the athlete is constantly adapting, according to what is happening around them
Closed skill	Pre-learned patterns of movements the athlete follows with very little reference to the surrounding environment
Self-paced skill	When an athlete controls the timing of the execution of the skill
Externally-paced skill	When the timing of the skill is determined by what is happening elsewhere
Fine skill	Involves small movements of specific parts of the body.
Gross Skill	Involves large muscle groups and movement from the whole body
Continuous skill	Those which have no obvious beginning or end, they can be continued as long as the performer wants to
Discrete skill	Has a clear beginning and end – it can be repeated
Serial skill	Series of discreet skills put together to produce an organised movement

SMART

Specific – goal set should be precise and detailed as possible

Measurable – define a method of measuring success. What and by when?

Achievable – goals set should be attainable within a set period of time

Realistic – goals set should be appropriate for the individual/ team

Time-bound – ensure to agree a time scale