

Observation checklist

It is important to produce an observation checklist to review performance in selected sports using video analysis

Activity: Independently produce an observation checklist that can be used effectively review own performance in two selected sports

Task: Is to produce a Blank observation checklist of you own. You only need to make one.

1. Below is an example of a Nathan Turner Observation Checklist.
2. Please use the following heading, which are red in Nathan turner work to produce your own Observation Checklist
3. Once completed please send your work my email, so I can keep a record of it: Faisel.ahmed@oasisbrislington.org

Name of Observer: Nathan Turner

Sport: Football

Date: 24/06/19

Context: BTEC Sport (Unit 2)

Skill Related Fitness Components

1. A method to attack the opposing team would be to pass the ball to your teammates.
2. Strength I defending when taking a ball away from my opponent e.g. stand my ground when defending.
3. Ensure to keep balance when throwing.

Rating (out of 10)			
Skill component fitness 1 Rating 8/10			
Skill component fitness 2 Rating 6/10			
Skill component fitness 3 Rating 8/10			
Key Skills	Technique for Key Skills	Frequency	Rating (out of 10)
1 Throw in	Stay behind the line and bend your elbows, with the ball behind your head. Then lean	/x///x///	8

	forward slightly and release the ball.		
2 Passing	Approach the ball, then while dribbling, look for someone to pass the ball to. Then, keep your head steady and aim using your foot (inner part/side). Transfer weight to your foot and kick the ball to your teammate.	///x/x///	7
3 Defending	When your opponent has the ball, close the gap between yourself and the opponent to prevent him/her from getting closer. Try and prevent the opponent from turning the ball.	///xxxx///	6
4 Control of ball	When you have the ball, keep your eye on it at all cost. Keep the momentum and don't add too much power to it as this will increase the gap between you and the ball allowing others to take the ball.	////xx////	8
Tactics – attacking	<p>Rating (out of 10)</p> <p>1. When attacking, make the opponent lose balance when you find space. 2. Do small passes to every one of your teammates while you're pushing.</p>		
Tactics – defending	<p>Rating (out of 10)</p> <p>1. Close the gap between you and the attacker to slow down their attack. 2. Make a choice on what to do when tackling the attacker.</p>		

