

Training Analysis

A Level PE

Introduction

As a footballer I have identified some strengths in my game that I feel are above standard, for my age group, and also I have pinpointed some weaknesses that I feel definitely need to be improved, to prevent them further hindering my performances.

Firstly my strengths are:

- Short Passing
- Long Passing
- Shooting
- Dribbling

I have identified these to be my strengths and these are important in football because:

Short Passing is an advantage because passing quickly gets the ball up field and reduces the risk of giving away possession. The side foot (inside of the foot) provides the greatest accuracy for passing. But it is difficult to generate power and it is also easy for an opponent to see where you are intending to pass the ball. For those reasons, it is best to use this skill just for short passes.

Long Passing is good because Long balls are an effective way to score goals since losing teams resort to this play in the dying minutes of a game. My team usually resort to the long ball when there is no concern of the opposing team scoring again. A long ball is an attacking play with few defensive advantages.

Having the ability to **shoot** accurately as a striker is an advantage as scoring goals is what football is all about - and it's easily the most glamorous and rewarding part of the game. For you to win matches and claim all three points, goals have to be scored, primarily by players with a natural shooting ability and eye for goal.

Dribbling is an effective part to football, and is used mainly in offensive situations. This is good because as I keep control of the ball and, as long as I do so, I have control of the game.

Secondly my Weaknesses are:

- Attacking Headers
- Cardiovascular Fitness
- Upper Body Muscular Strength
- Using my left foot.

I have identified these to be my chosen weaknesses because I feel they let me down during various stages of football matches.

Introduction Continued

Attacking Headers are an important aspect of football because The ability it is a vital skill to have - whatever position you play in. For me I have work on my technique and timing of my jumps, because if I time the move wrongly, the ball can hit the wrong side of my head and travel in a different direction to the one I intended.

Cardiovascular fitness is without a doubt, one of the most key components of every footballer. For me, I struggle to last 90 minutes without stopping twice or three times, because I have to breathe. If I can improve my fitness, I will be able to last for longer durations of time, without suffering from fatigue.

My Upper Body **Muscular Strength** will have to improve, if I am to muscle opposition players off the ball, or shield the ball, when I have possession of it. I need this factor most when I'm dribbling at speed, as this is the point when I am most liable to lose possession.

Finally, the use of my **weaker (left) foot** lets me down in situations, when I am forced to use it to make quick passes, crosses and shots. This may not be one of my weakest weaknesses, but I do feel that I need to work on it, if I am to physically mature and develop as a all-round player.

I am going to partake in an 8 week training programme that will see me hopefully improve each area of my weaknesses. Through drills and various practices, I should be able to note any significant changes that I may identify have improved. I will record each session and evaluation of each session in a training diary, so that I can track my progress, which should hopefully make me a better footballer.

The drills I will perform during this 8 week training diary will be specific to my weaknesses in order to hopefully improve them.

- I will practice my heading accuracy with some simple heading and catching drills (with increasing distances to develop the power as well). Also to progress this drill, I can simulate an actual game and have several set pieces and crosses floated and driven into the box, for me to judge correctly and hopefully score as many goals with my head as possible.
- For Cardiovascular Fitness, I should test my fitness level before I partake on the 8 week programme with a "Multi-Stage Fitness Test", also known as a "BLEEP TEST". With my original score I should be able to improve it with regular aerobic training till I get it to a more than satisfactory level. To get a more muscular physique and stronger upper-body strength, I will perform several sessions a week doing some weight training. If I do manage to get stronger and more muscular, I should be able to see a drastic change in terms of competing with defenders and fending them off the ball, when I have possession.

Introduction Continued

Lastly, to improve my left ability and touch, I will set up small coned-off areas, for me to simply do as many touches of the ball, with my left as possible. After that to progress, I will simply pass and cross, with only my left foot and increasing the distance between me and the feeder. Then finally, I should mainly work on some shooting with my left foot, with a feeder playing the ball in front of me and I try to place the shots into several areas of the goal with only the use of my left foot.



Session 1: 9.12.09

Name: [REDACTED]					Date: 9.12.09								
Objective: Evidence / review a training session													
Performance role: Striker													
Activity: Football													
Borgs – Perceived rate of exertion:													
Exhausting	10	9	8	7	6	5	4	3	2	1	Very Light		
Preparation:					Excellent		Good			Poor			
Punctuality	(On time)				5			4		3	2	1	(Late)
Equipment	(Everything)				5			4		3	2	1	(Missing)
Physiological	(Ready)				5			4		3	2	1	(Lacking)
Psychological	(Focused)				5			4		3	2	1	(Distracted)
Warm-up	(Ordered)				5			4		3	2	1	(Missed)
Performance:					Excellent		Good			Poor			
Technical proficiency					5			4		3	2	1	
Fitness for purpose					5			4		3	2	1	
Decision making – individual	5				4			3		2	1		
Concentration					5			4		3	2	1	
Cooperation – with team					5			4		3	2	1	
Session Outline:													
1. Warm Up – Jogging (with appropriate Stretching)													
2. Passing Drill													
3. Passing Drill Progression.													
4. Played a Match													
Session review: Strengths					Session review: Weaknesses								
1. Dribbling with the Ball					1. Cardiovascular Fitness								
2. Shooting					2. Use of my Left Foot								
3. Set Pieces					3. Attacking Headers								
Evaluation: (Goal Setting/Targets)													
1. Improve my Cardiovascular Fitness, so that I do not get tired too early into a game.													
2. Improve my heading ability, when given the opportunity to score from it.													
3. My shooting was good as I scored 4 goals.													

Session 2: 12.12.09

Name: [REDACTED]					Date: 12.12.09								
Objective: Evidence / review a training session													
Performance role: Striker													
Activity: Football													
Borgs – Perceived rate of exertion:													
Exhausting	10	9	8	7	6	5	4	3	2	1	Very Light		
Preparation:					Excellent		Good		Poor				
Punctuality	(On time)				5			4		3	2	1	(Late)
Equipment	(Everything)				5			4		3	2	1	(Missing)
Physiological	(Ready)				5			4		3	2	1	(Lacking)
Psychological	(Focused)				5			4		3	2	1	(Distracted)
Warm-up	(Ordered)				5			4		3	2	1	(Missed)
Performance:					Excellent		Good		Poor				
Technical proficiency					5			4		3	2	1	
Fitness for purpose					5			4		3	2	1	
Decision making – individual	5				4			3		2	1		
Concentration					5			4		3	2	1	
Cooperation – with team					5			4		3	2	1	
Session Outline:													
1. Warm Up – Jogging (with appropriate Stretching)													
2. Possession Drill													
3. Possession Drill Progression.													
4. Played a Match													
Session review: Strengths							Session review: Weaknesses						
1. Dribbling with the Ball							1. Cardiovascular Fitness						
2. Shooting							2. Use of my Left Foot						
3. Short Passing							3. Attacking Headers						
Evaluation: (Goal Setting/Targets)													
1. Improve my Cardiovascular Fitness, so that I do not get tired too early into a game.													
2. Improve my heading ability, when given the opportunity to score from it.													
3. Improve my concentration even more, because I didn't manage to score any goals, because I was not focused enough.													

Session 3: 16.12.09

Name: [REDACTED]		Date: 16.12.09											
Objective: Evidence / review a training session													
Performance role: Striker													
Activity: Football													
Borgs – Perceived rate of exertion:													
Exhausting	10	9	8	7	6	5	4	3	2	1	Very Light		
Preparation:					Excellent		Good			Poor			
Punctuality	(On time)					5		4		3	2	1	(Late)
Equipment	(Everything)					5		4		3	2	1	(Missing)
Physiological	(Ready)					5		4		3	2	1	(Lacking)
Psychological	(Focused)					5		4		3	2	1	(Distracted)
Warm-up	(Ordered)					5		4		3	2	1	(Missed)
Performance:					Excellent		Good			Poor			
Technical proficiency						5		4		3	2	1	
Fitness for purpose						5		4		3	2	1	
Decision making – individual						5		4		3	2	1	
Concentration						5		4		3	2	1	
Cooperation – with team						5		4		3	2	1	
Session Outline:													
1. Warm Up – Jogging (with appropriate Stretching)													
2. Set Piece Drill													
3. Heading Drill Progression.													
4. Played a Match													
Session review: Strengths						Session review: Weaknesses							
1. Composure						1. Cardiovascular Fitness							
2. Shooting						2. I was too selfish, in future I must give the ball to someone in a better position than me.							
3. Long Passing													
Evaluation: (Goal Setting/Targets)													
1. Improve my Cardiovascular Fitness, so that I do not get tired too early into a game.													
2. I scored 2 goals and one from the half way line. This shows good awareness, to catch the keeper off his line and also good power from my legs to kick the ball all the way.													

Session 4: 6.1.10

Name: [REDACTED]					Date: 6.1.10							
Objective: Evidence / review a training session												
Performance role: Striker												
Activity: Football												
Borgs – Perceived rate of exertion:												
Exhausting	10	9	8	7	6	5	4	3	2	1	Very Light	
Preparation:					Excellent		Good			Poor		
Punctuality	(On time)					5		4		3		
Equipment	(Everything)					5		4		3		
Physiological	(Ready)					5		4		3		
Psychological	(Focused)					5		4		3		
Warm-up	(Ordered)					5		4		3		
Performance:					Excellent		Good			Poor		
Technical proficiency						5		4		3		
Fitness for purpose						5		4		3		
Decision making – individual						5		4		3		
Concentration						5		4		3		
Cooperation – with team						5		4		3		
Session Outline:												
1. Warm Up – Jogging (with appropriate Stretching)												
2. Passing Drill												
3. Passing Drill Progression.												
4. Played a Match												
Session review: Strengths					Session review: Weaknesses							
1. Dribbling with the Ball					1. Cardiovascular Fitness							
2. Short Passing					2. Controlling the ball first time with my left foot.							
3. Movement off the ball.					3. Headers							
Evaluation: (Goal Setting/Targets)												
1. Improve my Cardiovascular Fitness, so that I do not get tired too early into a game.												
2. I did not manage to score any goals, but I did manage to set my team mate up with an incisive through ball.												

Session 5: 9.1.10

Name: [REDACTED]					Date: 9.1.10								
Objective: Evidence / review a training session													
Performance role: Striker													
Activity: Football													
Borgs – Perceived rate of exertion:													
Exhausting	10	9	8	7	6	5	4	3	2	1	Very Light		
Preparation:					Excellent		Good		Poor				
Punctuality	(On time)		5					4		3	2	1	(Late)
Equipment	(Everything)		5					4		3	2	1	(Missing)
Physiological	(Ready)		5					4		3	2	1	(Lacking)
Psychological	(Focused)		5					4		3	2	1	(Distracted)
Warm-up	(Ordered)		5					4		3	2	1	(Missed)
Performance:					Excellent		Good		Poor				
Technical proficiency			5					4		3	2	1	
Fitness for purpose			5					4		3	2	1	
Decision making – individual			5					4		3	2	1	
Concentration			5					4		3	2	1	
Cooperation – with team			5					4		3	2	1	
Session Outline:													
1. Warm Up – Jogging (with appropriate Stretching)													
2. Match Situation													
3. Conditioned Match Situation (Progression)													
Session review: Strengths					Session review: Weaknesses								
1. Dribbling with the Ball					1. Cardiovascular Fitness								
2. Shooting with both feet.					2. Tackling								
3. Muscular Strength.					3. Attacking Headers								
Evaluation: (Goal Setting/Targets)													
1. Yet again, I scored a goal, this time with my left foot, and I also had lots of opportunities to score, as there was some great attacking support from my team mates.													
2. Improve my Cardiovascular Fitness, so that I do not get tired too early into a game.													

Session 6: 13.1.10

Name: [REDACTED]				Date: 13.1.10			
Objective: Evidence / review a training session							
Performance role: Striker							
Activity: Football							
Borgs – Perceived rate of exertion:							
Exhausting	10	9	8	7	6	5	4 3 2 1 Very Light
Preparation:				Excellent		Good	
Punctuality	(On time)					5	4 3 2 1 (Late)
Equipment	(Everything)					5	4 3 2 1 (Missing)
Physiological	(Ready)					5	4 3 2 1 (Lacking)
Psychological	(Focused)					5	4 3 2 1 (Distracted)
Warm-up	(Ordered)					5	4 3 2 1 (Missed)
Performance:				Excellent		Good	
Technical proficiency						5	4 3 2 1
Fitness for purpose						5	4 3 2 1
Decision making – individual	5					4	3 2 1
Concentration						5	4 3 2 1
Cooperation – with team						5	4 3 2 1
Session Outline:							
1. Warm Up – Jogging (with appropriate Stretching)							
2. Ball Control Drill							
3. Ball Control Drill Progression.							
4. Played a Match							
Session review: Strengths				Session review: Weaknesses			
1. Shooting				1. Cardiovascular Fitness			
2. First-Time Control with both feet.				2. Attacking Headers			
Evaluation: (Goal Setting/Targets)							
1. Improve my Cardiovascular Fitness, so that I do not get tired too early into a game, especially after I scored 2 goals, from close range.							
2. I attempted to score with my head several times, but I did not make the proper contact with the ball. So I need to improve my accuracy.							

Session 7: 16.1.10

Name: [REDACTED]				Date: 16.1.10			
Objective: Evidence / review a training session							
Performance role: Striker							
Activity: Football							
Borgs – Perceived rate of exertion:							
Exhausting	10	9	8	7	6	5	4 3 2 1 Very Light
Preparation:		Excellent		Good		Poor	
Punctuality	(On time)	5		4		3	2 1 (Late)
Equipment	(Everything)	5		4		3	2 1 (Missing)
Physiological	(Ready)	5		4		3	2 1 (Lacking)
Psychological	(Focused)	5		4		3	2 1 (Distracted)
Warm-up	(Ordered)	5		4		3	2 1 (Missed)
Performance:		Excellent		Good		Poor	
Technical proficiency		5		4		3	2 1
Fitness for purpose				5		4	3 2 1
Decision making – individual	5	4		3		2	1 1
Concentration		5		4		3	2 1
Cooperation – with team		5		4		3	2 1
Session Outline:							
1. Warm Up – Jogging (with appropriate Stretching)							
2. Shooting Drill							
4. Played a Match							
Session review: Strengths				Session review: Weaknesses			
1. Movement off the Ball				1. Cardiovascular Fitness			
2. Shooting				2. Improve my Focus			
Evaluation: (Goal Setting/Targets)							
1. Improve my heading ability, when given the opportunity to score from it.							
2. My shooting with both feet was good as I scored another goal, assisted another, and made several long dribbles with the ball.							

Session 8: 19.1.10

Name: [REDACTED]		Date: 19.1.10									
Objective: Evidence / review a training session											
Performance role: Striker											
Activity: Football											
Borgs – Perceived rate of exertion:											
Exhausting	10	9	8	7	6	5	4	3	2	1	Very Light
Preparation:		Excellent		Good		Poor					
Punctuality	(On time)	5		4		3		2		1 (Late)	
Equipment	(Everything)	5		4		3		2		1 (Missing)	
Physiological	(Ready)	5		4		3		2		1 (Lacking)	
Psychological	(Focused)	5		4		3		2		1 (Distracted)	
Warm-up	(Ordered)	5		4		3		2		1 (Missed)	
Performance:		Excellent		Good		Poor					
Technical proficiency		5		4		3		2		1	
Fitness for purpose				5		4		3		2 1	
Decision making – individual	5	4		3		2		1			
Concentration		5		4		3		2		1	
Cooperation – with team		5		4		3		2		1	
Session Outline:											
1. Warm Up – Jogging (with appropriate Stretching)											
2. Heading Drill											
3. Heading and Ball Control Drill Progression.											
4. Played a Match											
Session review: Strengths						Session review: Weaknesses					
1. Short Passing						1. Awareness of other team mates around me.					
3. Volleying						2. Attacking Headers					
Evaluation: (Goal Setting/Targets)											
1. I took several shots early on in the game and all of them were on target, I did manage to score one goal today and it was from a penalty, after I was fouled in the box.											
2. Improve my heading accuracy, because at the moment all of them lack the power and direction to really test the keeper.											

Session 9: 23.1.10

Name: [REDACTED]		Date: 23.1.10									
Objective: Evidence / review a training session											
Performance role: Striker											
Activity: Football											
Borgs – Perceived rate of exertion:											
Exhausting	10	9	8	7	6	5	4	3	2	1	Very Light
Preparation:						Excellent		Good		Poor	
Punctuality	(On time)	5				4			3		(Late)
Equipment	(Everything)	5				4			3		(Missing)
Physiological	(Ready)	5				4			3		(Lacking)
Psychological	(Focused)	5				4			3		(Distracted)
Warm-up	(Ordered)	5				4			3		(Missed)
Performance:						Excellent		Good		Poor	
Technical proficiency		5				4			3		
Fitness for purpose						5			4		1
Decision making – individual	5	4				3			2		
Concentration		5				4			3		
Cooperation – with team		5				4			3		
Session Outline:											
1. Warm Up – Jogging (with appropriate Stretching)											
2. Shooting Drill											
3. Shooting (Volleying) Progression.											
4. Played a Match											
Session review: Strengths						Session review: Weaknesses					
1. Dribbling with the Ball						1. Heading power and accuracy					
2. Shooting Accuracy						2. Cardiovascular Fitness					
3. Communication with my team mates.											
Evaluation: (Goal Setting/Targets)											
1. I assisted with an amazing back-heel through ball to my team mate, which cut the oppositions defence apart, my team mate, went to score from this pass.											
2. Also I can see that my Cardiovascular Fitness has greatly improved over the last few weeks.											

Session 10: 27.1.10

Name: [REDACTED]				Date: 27.1.10			
Objective: Evidence / review a training session							
Performance role: Striker							
Activity: Football							
Borgs – Perceived rate of exertion:							
Exhausting	10	9	8	7	6	5	4 3 2 1 Very Light
Preparation:		Excellent		Good		Poor	
Punctuality	(On time)	5		4		3	2 1 (Late)
Equipment	(Everything)	5		4		3	2 1 (Missing)
Physiological	(Ready)	5		4		3	2 1 (Lacking)
Psychological	(Focused)	5		4		3	2 1 (Distracted)
Warm-up	(Ordered)	5		4		3	2 1 (Missed)
Performance:		Excellent		Good		Poor	
Technical proficiency		5		4		3	2 1
Fitness for purpose				5		4	3 2 1
Decision making – individual	5	4		3		2	1
Concentration		5		4		3	2 1
Cooperation – with team		5		4		3	2 1
Session Outline:							
1. Warm Up – Jogging (with appropriate Stretching)							
2. Possession Drill							
3. Match Situation Exercise							
4. Played a Match							
Session review: Strengths				Session review: Weaknesses			
1. Control with both feet.				1. Cardiovascular Fitness			
2. Shooting				3. Reaction Times, (when I see a pass, or when I see a tackle coming towards me.)			
3. Movement with the Ball							
Evaluation: (Goal Setting/Targets)							
1. I can see that since the beginning of my 8 week training programme, there has been a massive increase in the number of headers and touches with my left foot.							
2. Didn't manage to score again, but I successfully linked both the midfield and attack, with some accurate short and long passing.							

Session 11: 30.1.10

Name: [REDACTED]					Date: 30.1.10									
Objective: Evidence / review a training session														
Performance role: Striker														
Activity: Football														
Borgs – Perceived rate of exertion:														
Exhausting	10	9	8	7	6	5	4	3	2	1	Very Light			
Preparation:					Excellent		Good		Poor					
Punctuality	(On time)					5		4		3		2	1	(Late)
Equipment	(Everything)					5		4		3		2	1	(Missing)
Physiological	(Ready)					5		4		3		2	1	(Lacking)
Psychological	(Focused)					5		4		3		2	1	(Distracted)
Warm-up	(Ordered)					5		4		3		2	1	(Missed)
Performance:					Excellent		Good		Poor					
Technical proficiency						5		4		3		2	1	
Fitness for purpose								5		4		3	2	1
Decision making – individual		5				4		3		2		1		1
Concentration						5		4		3		2	1	
Cooperation – with team						5		4		3		2	1	
Session Outline:														
1. Warm Up – Jogging (with appropriate Stretching)														
2. Passing Drill														
3. Passing Drill Progression.														
4. Played a Match														
Session review: Strengths										Session review: Weaknesses				
1. Dribbling with the Ball										1. Cardiovascular Fitness				
2. Shooting										2. Attacking Headers				
3. Set Pieces														
Evaluation: (Goal Setting/Targets)														
1. Make sure in future, I increase my efforts in the Warm-up and stretching, otherwise, I could get injured, and be out of the team for as long as the recovery takes.														
2. Improve my heading ability, when given the opportunity to score from it.														

Session 12: 3.2.10

Name: [REDACTED]					Date: 3.2.10						
Objective: Evidence / review a training session											
Performance role: Striker											
Activity: Football											
Borgs – Perceived rate of exertion:											
Exhausting	10	9	8	7	6	5	4	3	2	1	Very Light
Preparation:					Excellent		Good		Poor		
Punctuality	(On time)	5				4		3		2	1 (Late)
Equipment	(Everything)	5				4		3		2	1 (Missing)
Physiological	(Ready)	5				4		3		2	1 (Lacking)
Psychological	(Focused)	5				4		3		2	1 (Distracted)
Warm-up	(Ordered)	5				4		3		2	1 (Missed)
Performance:					Excellent		Good		Poor		
Technical proficiency		5				4		3		2	1
Fitness for purpose							5	4		3	1
Decision making – individual	5	4				3		2		1	1
Concentration		5				4		3		2	1
Cooperation – with team		5				4		3		2	1
Session Outline:											
1. Warm Up – Jogging (with appropriate Stretching)											
2. Heading Drill											
3. Heading Drill Progression.											
4. Played a Match											
Session review: Strengths						Session review: Weaknesses					
1. Dribbling with the Ball						1. Cardiovascular Fitness					
2. Shooting						2. Attacking Headers and First time control with my left foot.					
3. Communication											
Evaluation: (Goal Setting/Targets)											
1. Even though I can definitely see an improvement in my Improve my Cardiovascular Fitness, I still believe that it can be even better.											
3. Scored several goals with both feet, from outside the area, this included a long range effort from about 30 yards.											

Session 13: 10.2.10

Name: [REDACTED]					Date: 10.2.10								
Objective: Evidence / review a training session													
Performance role: Striker													
Activity: Football													
Borgs – Perceived rate of exertion:													
Exhausting	10	9	8	7	6	5	4	3	2	1	Very Light		
Preparation:					Excellent		Good		Poor				
Punctuality	(On time)				5			4		3	2	1	(Late)
Equipment	(Everything)				5			4		3	2	1	(Missing)
Physiological	(Ready)				5			4		3	2	1	(Lacking)
Psychological	(Focused)				5			4		3	2	1	(Distracted)
Warm-up	(Ordered)				5			4		3	2	1	(Missed)
Performance:					Excellent		Good		Poor				
Technical proficiency					5			4		3	2	1	
Fitness for purpose								5		4	3	2	1
Decision making – individual	5				4			3		2	1		1
Concentration					5			4		3	2	1	
Cooperation – with team					5			4		3	2	1	
Session Outline:													
1. Warm Up – Jogging (with appropriate Stretching)													
2. Passing Drill													
3. Passing Drill Progression.													
4. Played a Match													
Session review: Strengths							Session review: Weaknesses						
1. Dribbling with the Ball							1. Psychological: my morale suddenly drops when my team concedes goals.						
2. Shooting							2. Attacking Headers						
3. Set Pieces													
Evaluation: (Goal Setting/Targets)													
1. My Cardiovascular Fitness has evidently improved from the beginning of the 8 week programme.													
2. I have started to improve my first touch and control, and I can definitely see how this is benefitting my vision and passing.													

Session 14: 14.2.10

Name: [REDACTED]				Date: 14.2.10			
Objective: Evidence / review a training session							
Performance role: Striker							
Activity: Football							
Borgs – Perceived rate of exertion:							
Exhausting	10	9	8	7	6	5	4 3 2 1 Very Light
Preparation:				Excellent		Good	
				Poor			
Punctuality	(On time)				5	4	3 2 1 (Late)
Equipment	(Everything)				5	4	3 2 1 (Missing)
Physiological	(Ready)				5	4	3 2 1 (Lacking)
Psychological	(Focused)				5	4	3 2 1 (Distracted)
Warm-up	(Ordered)				5	4	3 2 1 (Missed)
Performance:				Excellent		Good	
				Poor			
Technical proficiency					5	4	3 2 1
Fitness for purpose						5	4 3 2 1
Decision making – individual	5				4	3	2 1
Concentration					5	4	3 2 1
Cooperation – with team					5	4	3 2 1
Session Outline:							
1. Warm Up – Jogging (with appropriate Stretching)							
2. Heading Drill.							
3. Control Drill.							
4. Played a Match							
Session review: Strengths				Session review: Weaknesses			
1. Dribbling with the Ball				1. Attacking Headers			
2. Shooting							
3. Communication							
Evaluation: (Goal Setting/Targets)							
1. I can see that my movement is allowing me to have more attempts at goal with my head, but I am still struggling to get enough power and accuracy in them.							
2. I physically feel stronger and it is evident when competing against defenders for the ball.							

Session 15: 17.2.10

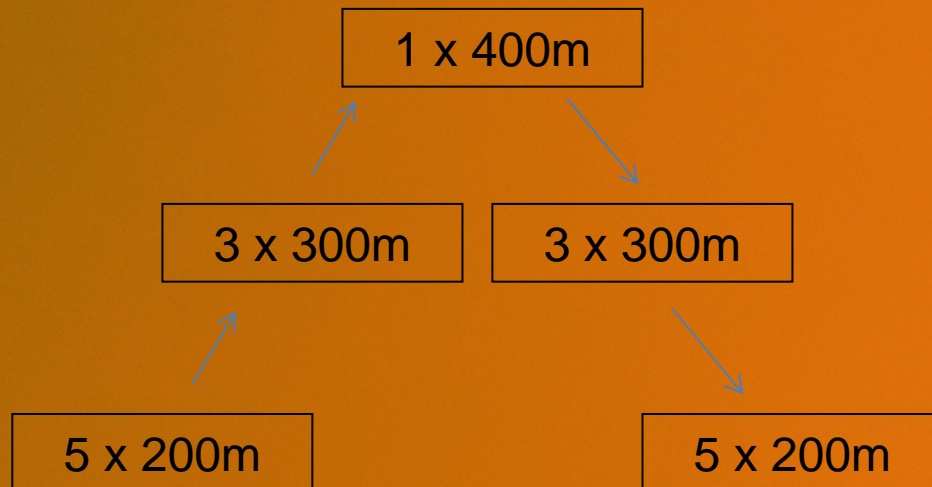
Name: [REDACTED]		Date: 17.2.10	
Objective: Evidence / review a training session			
Performance role: Striker			
Activity: Football			
Borgs – Perceived rate of exertion:			
Exhausting	10	9	8 7 6 5 4 3 2 1 Very Light
Preparation:		Excellent	Good Poor
Punctuality (On time)	5	4	3 2 1 (Late)
Equipment (Everything)	5	4	3 2 1 (Missing)
Physiological (Ready)	5	4	3 2 1 (Lacking)
Psychological (Focused)	5	4	3 2 1 (Distracted)
Warm-up (Ordered)	5	4	3 2 1 (Missed)
Performance:		Excellent	Good Poor
Technical proficiency	5	4	3 2 1
Fitness for purpose		5	4 3 2 1
Decision making – individual 5	4	3	2 1
Concentration	5	4	3 2 1
Cooperation – with team	5	4	3 2 1
Session Outline:			
1. Warm Up – Jogging (with appropriate Stretching)			
2. Shooting Drill			
3. Shooting Drill Progression.			
4. Played a Match			
Session review: Strengths		Session review: Weaknesses	
1. Muscular Endurance		1. First touch with my Left Foot	
2. Shooting		2. Attacking Headers	
3. Movement off the ball			
Evaluation: (Goal Setting/Targets)			
1. I don't tire as easily and I feel that I am running harder and faster at a much higher intensity.			
2. My shooting was good as I scored 2 goals.			

Session 16: 24.2.10

Name: [REDACTED]		Date: 24.2.10	
Objective: Evidence / review a training session			
Performance role: Striker			
Activity: Football			
Borgs – Perceived rate of exertion:			
Exhausting	10	9	8
	7	6	5
	4	3	2
	1	Very Light	
Preparation:		Excellent	Good
Punctuality (On time)	5	4	3
Equipment (Everything)	5	4	3
Physiological (Ready)	5	4	3
Psychological (Focused)	5	4	3
Warm-up (Ordered)	5	4	3
		Poor	
		2	1
			(Late)
			(Missing)
			(Lacking)
			(Distracted)
			(Missed)
Performance:		Excellent	Good
Technical proficiency	5	4	3
Fitness for purpose		5	4
Decision making – individual	5	4	3
Concentration	5	4	3
Cooperation – with team	5	4	3
		Poor	
		2	1
			1
Session Outline:			
1. Warm Up – Jogging (with appropriate Stretching)			
2. Possession Drill.			
3. Possession Drill Progression.			
4. Played a Match			
Session review: Strengths		Session review: Weaknesses	
1. Dribbling with the Ball		1. Heading Accuracy	
2. Shooting			
3. Muscular Endurance			
Evaluation: (Goal Setting/Targets)			
1. Improved my heading ability, when given the opportunity to score from it, still need to aim for the corners, which means I need to improve my heading accuracy.			
2. My shooting was good as I scored a goal.			

Cardiovascular Fitness Session

These sessions occurred twice a week and they were each an hour long.
Here is a sample session of one of the sessions, I performed from Week 3-5.



Cardiovascular Fitness:
Test: Multistage Fitness Test.

Level before

Programme: 9.8

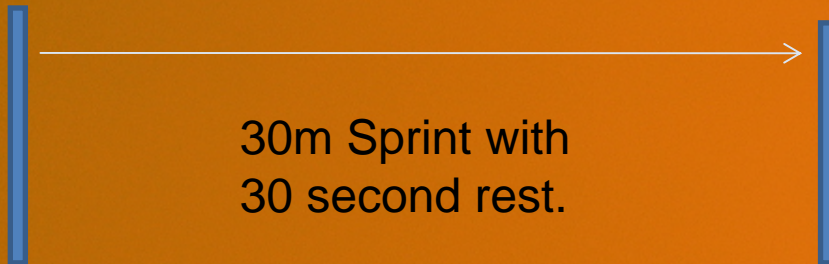
Level After Programme:
10.10

The Fitness Sessions
included Aerobic
Training and
Continuous Training.
Pyramids - 200m,
300m, 400m, 300m,
200m

Performed outside and
on a treadmill.

Speed Session

Along with the Training Sessions that I have taken part in over the 8 weeks, I have gone through challenging fitness sessions, and have used various training methods, to focus on my different components of fitness. These speed sessions occurred once a week and they were each an hour long. Here is a sample session of one of the sessions, I performed from Week 6-8.



Speed:

Test: 30m Sprint.

Time before

Programme: 3.75 seconds.

Level After

Programme: 3.4 seconds.

The Fitness Sessions included Interval Training. Sessions were fairly effective as I manages to take 0.45 seconds off my time. I am now able to chase down the ball quicker.

Agility Session

These agility sessions occurred twice a week and they were each an hour long. Here is a sample session of one of the sessions, I performed from Week 1-3.



Agility:

Test: Illinois Run.

Time before

Programme: 18.7

Time After

Programme: 17.8

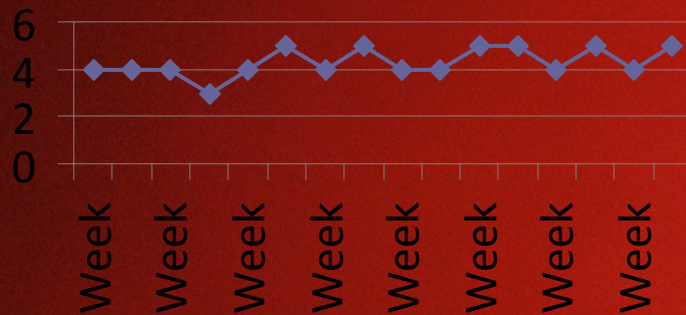
The Fitness Sessions included agility poles and hurdles.

10 sets of agility poles, rest, 8 sets of "Figure of 8" around hurdles and 5 sets of "T-runs". These drills have successfully improved my agility.

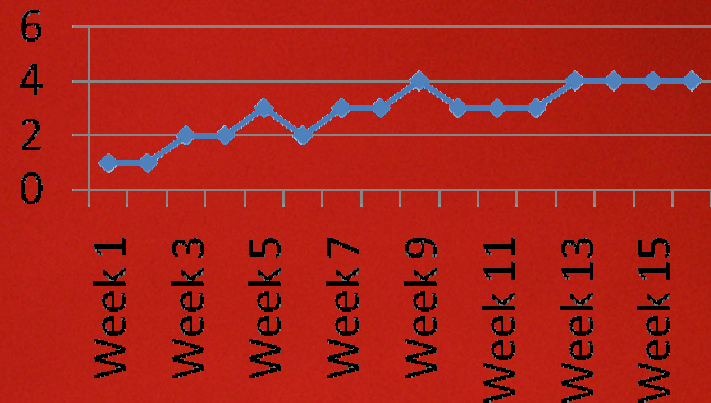
Conclusion

After completing my 8 week Training Programme, I have analysed the results and I have concluded that there has been a steady increase in levels for all of my aspects of performance.

Technical Proficiency:



Fitness for Purpose:

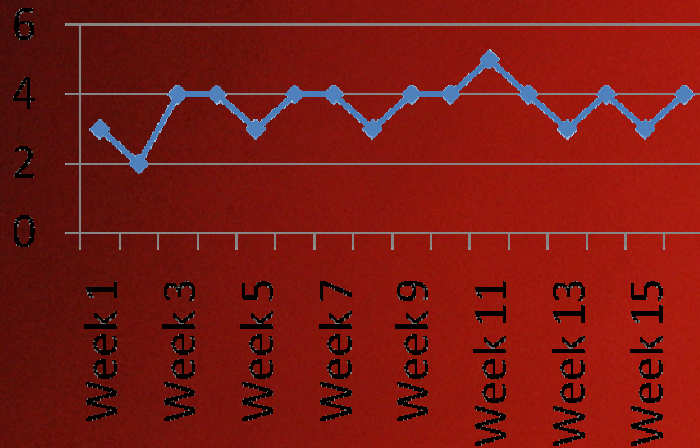


Evidently through several training sessions and analysis's of my results, I can see that the Physiological, Pschycological, Tactical, Mechanical and Technical aspects of my performances. One example of theses are my "Fitness for Purpose" started at 2 at week 1, going to 5 at the end of the programme. This aspect has definitely benefited my game, as I can run for longer and harder, whereas before this was one of my main weaknesses, as I could barely last the 90 minutes, which hindered my performance.

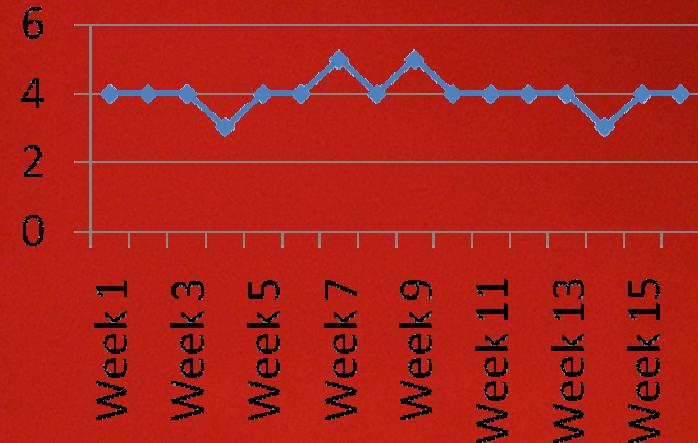
Conclusion Continued

Here are some of my other aspects of performance:

Decision Making:



Concentration:



I have definitely benefited from the programme and with these graphs you can see some of the important aspects that have been improved. To progress my programme, I could have spent longer on a specific warm up and lasted longer and played in a role in the team, which enabled me to improve as a striker. In the future, I would have longer sessions and test each skill more in drills. The differences between my programme and an elite performer is mainly the higher intensity, and frequency of their

Conclusion Continued

sessions, they need to perform regularly to maintain their high physical fitness and improve their already very high levels of ability. The coaching I received at a moderately good standard. But one thing that was not so good, was that in order for me to improve, I would have preferred to have drills that were more specific to my position and the weaknesses I wished to improve.

These results were done objectively, from results gathered from my Football Coach and myself.

Technical: My “Technical Proficiency” has definitely improved. I have seen this improve throughout numerous training sessions and matches, as my control and first touch have evidently got better, with both feet. All my essential factors that enable me to be a striker (heading, passing, shooting) have risen in ability.

Physiological: I am able to run longer, and at a higher intensity, without getting tired, whereas before I used to get cramps frequently, my tolerance to lactic acid when working anaerobically has improved, which means they won't fatigue as easily.

Psychological: My motivational techniques have enabled me to keep my calm and make sure that I am prepared for the match ahead, I don't get as aggressive under pressure anymore and instead try to keep my humility.

Tactical: My coach has made sure that, we vary our tactics, to make sure that we are unpredictable to the opposition. I have scored more goals due to my positional play.