

AGA GCSE PHYSICAL EDUCATION

Student name: Exemplar
School: Beechwood School
Candidate number:
Analysis of: Netball

Analysis (150 Marks)

A01 - Knowledge, **A02** - Application, **A03** - Analysis/Justification

Section 1: Fitness Strength

I play goal attack (GA), in netball for Beechwood School. When evaluating my performance this year in netball, out of all the components of fitness, I think that agility was my fitness strength. **Agility is the ability to move and change direction at pace whilst maintaining control.**

This component of fitness is very important for a GA in netball because you need to be able to change direction quickly, in a controlled manner in a variety of situations throughout the four quarters. For example, in defence a GA is required to intercept and turnover the ball when their team is out of possession. Intercepting is when a player regains possession of the ball during a pass by the opposition. Therefore, a GA is required to have good agility to move in front of the opposition player in order to achieve a turnover. Poor agility might result in the GA contacting their opponent leading to a loss in possession. Secondly, in attack a GA is expected to use their agility to lose their marker when creating space. A GA is allowed in both the centre third and the attacking third that they are shooting towards, including the shooting circle. They are one of two players who are allowed to shoot and score points. Their main responsibility is to collect the ball safely from the wing attack (WA) or centre (C) and either pass to the goal shooter (GS) or shoot themselves. Creating space to collect the ball safely requires the ability to dodge (a sudden quick movement) in order to lose their marker. Sometimes a GA might even be required to perform a double dodge which is a quick movement from left to right to left or vice versa. This skill is often used in confined spaces such as in and around the shooting circle. Poor agility might result in the GA failing to lose their marker, limiting passing an option and preventing a point scoring opportunity.

In a recent match against Langley Academy School on June 16th, 2021, I played GA for Beechwood school. After the first quarter, our coach stated that both teams were evenly matched, with the score tied at 2-2. So for the second quarter I was instructed to drop a little bit deeper into the centre third to create more passing options. I was able to use my agility to create space, linking up effectively with the C and WA. Even with the opposition GD marking me closely I was able to use skills such as the dodge and double dodge to evade my marker. Using my agility to create space afforded my teammates the opportunity to pass me the ball more often. Ultimately, this led to me creating more point scoring opportunities for our GS and myself. Due to this, we ended up winning 10-4. Therefore, it was quite clear that my agility in this match enabled me to lose my marker on several occasions and create point scoring opportunities for my team.

In another recent match against Burnham Grammar School on the 23rd of June, I also played GA for Beechwood school. The score at halftime was 2-0 to Beechwood. It was clear from the first half that everytime that the goal keeper (GK) threw the ball back into play from the goaline, she would always look to pass the ball to their GD. This was because their WD was very inexperienced so they avoided passing to her to avoid the risk of an easy turnover. Therefore, at half-time our coach instructed me to stay tight to the GD and be on the look out for chances to intercept the ball and achieve turnovers. As my agility was far superior to the GD, I was able to anticipate the pass and get in front to intercept the ball on three occasions in the third quarter without causing contact. The interceptions enabled me to pass the ball to our GS who scored twice in the third quarter as she was unmarked (GK was on the sideline). In the last quarter, they changed their tactics by passing to their C, but we were still able to turnover the ball on multiple occasions leading to five unopposed point scoring opportunities. The final result of the game was 6-1. Again, it was quite clear that my agility in this match enabled me to turnover the ball and create point scoring opportunities for my team.

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