

AQA GCSE Performance Analysis

Centre Number :

Component Number:

Name:

Candidate Number:

Analysis Section	Teacher Annotation
Strength 1. Fitness Component Within my chosen activity of netball, I believe speed is one of my biggest strengths. Speed is defined as the ability to put body parts into action quickly. As centre in Netball, I have to be quick both in defence and in attack. My role as an attacker is to help my teammates try to intercept the ball so the opposing team do not get the ball into their circle and shoot. I often have to be very quick as a centre to make my way up and down the court. If my teammates are in front of me I have to sprint and try to get in front of them so they can do a quick, accurate pass. In defence, I have to sprint from the centre third to the goal third to try to intercept the ball from the opposing team. One recent example of speed was from a school match playing against the team one point above us in the table. They have strong defenders. Our best way to beat them was to just keep passing and getting into space, using speed to beat them. My player caught the ball and passed it to me I quickly passed it to another of my teammates. I started my run quite fast but turned the opposite way to try to dodge my player. I pushed off my left foot to drive me to the right speed. I caught the ball and passed it to the shooter for my team to win a point. On another occasion I had to chase a ball that someone had miss thrown. I had to use my speed to try to chase the ball so it did not go off the court. Had it not been for my speed, the other team would have had the all. Again, my technique involved quick feet and high driving knees.	
Strength 2. Skill Within my chosen activity of netball, I believe that passing is one of my biggest strengths. Passing is defined as the action of passing a ball to another team member. When passing I try to achieve this I start with the ball at my chest with my elbows tucked in and stand square to the receiver. To maintain control and accuracy make a 'w' shape with my fingers and spread them out to maintain a sufficient grip and control the direction, so the receiver can receive it at their chest where it is easiest to catch. I then step into the pass with my right leg towards the receiver to intake the power from my legs in order to make a straight fast pass. I extend my elbows as I begin to step forward to combine the power generated from my legs. I push my arms through the line of the ball until they are fully extended and pointing directly towards the chest of the receiver. I continue to hold the eye contact with the receiver to ensure the pass goes exactly where I want. When the pass is released, I rotate my wrists so my thumbs are pointing towards the floor, and follow through to improve the chances of the defender intercepting the pass, as they are likely to lose control due to power. A fast accurate pass makes it unlikely for the defender to intercept it, giving my teammate possession. In addition, if my team have possession then the other team do not have the opportunity to advance and score. One example comes from a recent match for my local club against when I had to do a strong, accurate pass to the attacker in the circle. This pass was going to determine if we were going to score a goal. Again, my technique involved a fast, accurate pass to the receiver.	
Weakness 1. Fitness Component	

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**Nesta Wiggins-James, Rob
James, Graham Thompson**



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AQA Sport Examined Paul Beashel, Andy Sibson, John Taylor, 2004 Clear concise and relevant explanations help develop and reinforce students basic understanding of the subject Practical and theoretical activities encourage all abilities to learn through prior knowledge and experience An attractive four colour design focuses on core information in order to engage the interest of students Exam style questions test and develop students levels of response and understanding

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