

## AQA GCSE Performance Analysis

Centre Number:

Component Number:

Name:

Candidate Number:

Analysis Section	Teacher Annotation
<p><b>Strength 1: Fitness Component</b></p> <p>Within my chosen sport of Football, I believe that my cardiovascular endurance is my strength. Cardiovascular endurance is defined as the ability of the heart and lungs to supply oxygen to the working muscles.</p> <p>This fitness component is key in my position as a midfielder as this position is always involved in the attacking and defending aspect of the game. This means that you rarely get a "breather" and so it is important that the cardiovascular system is trained to have a great endurance to last the full match at a high intensity with enough energy.</p> <p>As a midfielder, I have to be able to cope with the demands of always being involved. This means that aerobic power is very important in being successful in this position. When we have possession, I will be making movements to get on the ball and trying to find space. Then, when we don't have possession, I will be chasing the back four and/or tracking the opposition player. Also, if the ball passes me, I then have to sprint to get behind the ball and between the player and the goal to prevent a goal scoring opportunity for the opposition and try to win possession. In addition, having a good cardiovascular endurance can mean the quality of your play as the ball can improve in game situations as you are energetic and not sluggish so you can safely concentrate on the precision of your ball play. It is marginal gains such as a better cardiovascular system than the opposing team that can sometimes be the difference between a win and a loss. For example, a couple of months ago, I played in an FA Cup Youth match in the hope of progressing to the next round. It was in the last minutes of the game and the match was drawing. Everyone was tired and my team had a corner. I took the corner which was then cleared and the opposition striker was through on goal as we had committed a lot of bodies into the box. I then used my cardiovascular endurance to catch up and with the ball of the fatigued striker. My team went onto to score and win the match. This is just one example of when my cardiovascular endurance benefited me and my team.</p>	
<p><b>Strength 2: Skill</b></p> <p>Within my chosen sport of Football, I believe that passing is my strength. Passing is keeping possession of the ball through kicking the ball to a teammate.</p> <p>This skill is one of the most important in football as it is the main way to keep the ball. Without possession you cannot score or be a danger to the opponent. If your passing is not good, this can lead to turnovers in possession in risky situations which can lead to an opposition goal. In my position (midfielder), I believe this is the most important skill to have. You are required to be able to play quality passes of all lengths (e.g. short &amp; long) and types (e.g. driven &amp; lofted). It is essential that the direction of my passes are right so this means my decision making has to be good. I have to know when the long through ball is on. This may be when we are in need of a goal and creativity. I also have to know when to play it back into defence. This may be when we are winning so we are trying to keep possession and waste time. In addition, the weight of pass is crucial as if the pass is too weak the opposition can intercept it but if the pass is too powerful your teammate will find it difficult to control it which can also lead to a turnover of possession.</p> <p>For example, recently in an important match, every player on our team touched the ball as I kept playing "one two's" with them and this meant we completed a lot of passes in succession causing the opposition to get tired of chasing the ball. I broke them down with</p>	

# Aqa Ape Coursework Netball Example

**Paul Beashel, Andy Sibson, John Taylor**

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