

Performance Review/ Evaluation of Strengths and Weaknesses

Introduction

In this section, I will carry out an analysis of my own strengths and weaknesses for my performances in Football. I will also do some “Performance Profiling” on my aspects of performances. Profiling will look at the Mechanical, Physiological, Technical and Psychological aspects of my game.



Introduction Continued

I have identified examples of my strengths and weaknesses and have broken each of them down into “Preparation”, “Execution” and “Recovery” phases.

Strengths

- **Short Passing** with both feet.
- **Long Passing** with both feet.
- **Shooting.**
- **Dribbling** with the ball at speed.

Weaknesses

- Attacking **Headers.**
- Cardiovascular **Fitness.**
- Upper Body Muscular **Strength.**
- Using my **Left Foot.**

Technical Proficiency

For one of my Strengths to analyze I have chosen “Long Passing”.

Phase	Arms	Legs	Torso
Preparation	Extension at the elbow occurs at both arms, this is to give balance, as you lean backwards to gain height on the shot. The arm also extends at the shoulder joint. Both arms are abducted.	The less dominant leg must be extended and also planted in the ground to give a safe stance. The kicking leg is flexed at the knee joint. The hips are rotating.	The torso twists at the hips, in order for balance. This also helps later as I can create more power in my shot generated by the momentum of the torso straightening up.
Execution	Arms are flexed at this point. The arm on the same side as the kicking leg, abducts further, but the other arm, in my case the right arm, will be adducting towards my torso.	My kicking leg is then extended to hit the ball. The other leg that supports my weight flexes so that my centre of gravity is lower.	The torso, flexes at the hips, so that I lean over the ball. This helps, so that I can always see the ball, preventing any chance of mis-kicking.
Recovery	Both arms adduct now and relax to become flexed and then extended in normal running.	Both legs extend at the knee joint so we are standing, and can now return to normal running.	My torso straightens up, so normal movement off the ball can occur.

Mechanical Technique for Strength

Also I have broken down my chosen example Strength (Long Passing) into it's Mechanical phases.

Phase	Arms	Legs	Torso
Preparation	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Biceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Hamstrings.	Isotonic Muscle Contraction. Abdominal Muscles.
Execution	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Biceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Quadriceps.	Isotonic Muscle Contraction. Abdominal Muscles.
Recovery	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Triceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Hamstrings.	Isotonic Muscle Contraction. Abdominal Muscles.

Technical Proficiency

For one of my Weaknesses to analyze I have chosen “Attacking Headers”.

Phase	Arms	Legs	Torso
Preparation	Flexion occurs at both arms at the elbow joint. As well as that, they both need to abduct to give balance.	Legs need to be flexed at the knee joint, ready to extend. Ankle joint is extended, do that I am on my toes.	If heading the ball sideways on, I need to make sure that my torso is flexed in the opposite direction to the one I am heading the ball. This occurs at the hip joints.
Execution	Arms are still flexed and are providing most of the balance to the jump.	Legs then extend at the knees, in order for us to lift our body off the ground.	The torso, moves from being flexed in the opposite to the heading direction. This change, gives the header better power, so that it can beat a goalkeeper easily.
Recovery	Arms can now be relaxed and be flexed and extended at the elbow and shoulder joints when running.	When we land our legs are flexed at the knee joint, this provides us with a softer landing and reduced risk of injury.	My torso straightens up, so normal movement off the ball can occur.

Mechanical Technique for Weakness

Also I have broken down my chosen example Weakness (Attacking Headers) into it's Mechanical phases.

Phase	Arms	Legs	Torso
Preparation	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Biceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Hamstrings.	Isotonic Muscle Contraction. Abdominal Muscles.
Execution	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Biceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Quadriceps.	Isotonic Muscle Contraction. Abdominal Muscles.
Recovery	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Triceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Hamstrings.	Isotonic Muscle Contraction. Abdominal Muscles.

Fitness For Purpose

“Fitness for Purpose” is a judgement on an individual’s ability to meet the physical and mental demands of a particular sport or physical activity”.

My Physical Strengths are my:

- **Speed** - Reason why it helps: Speed is vital for a striker because it enables me to dribble past defenders or any other of the opposition’s players. Also my team’s tactics can change to suit a more pace, with through-balls for me to chase.
- **Flexibility** - Reason why it helps: Flexibility enables me to pass and shoot with different body shapes. Linked with agility, I can change direction at speed, avoiding tackles.

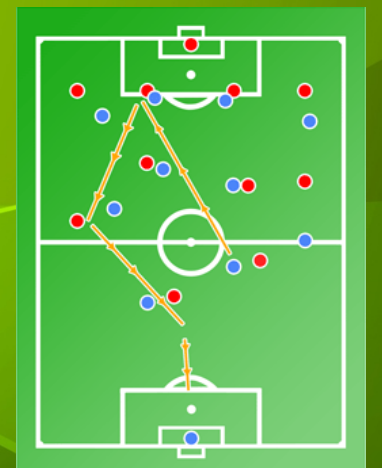
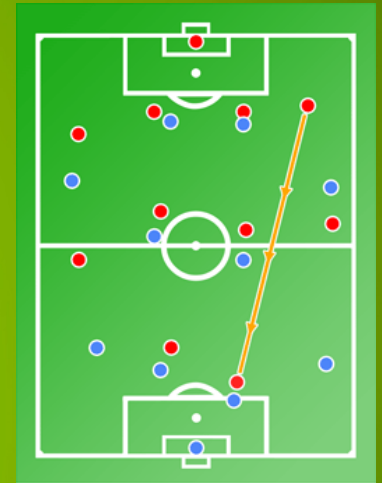
Fitness for Purpose Continued

- **Balance** - Reason why it helps: Dynamic Balance is important when taking free kicks and other set pieces, but mainly when dribbling, I have an ability to change direction, even when standing on one leg.
My Physical Weaknesses are my:
- **Cardio-Respiratory Endurance** - Reason why it helps: I need to improve my ability to give oxygen to the body cells over periods of time. I sometimes struggle to last 90 minutes without being exhausted. Mainly because I run so much.
- **Muscular Power** - I find it hard to combine strength and speed when shooting, that's why I tend to go for accuracy.

Tactical Knowledge

As a striker, I am usually vital when my team employs the “Long Ball/ Direct” tactic. This is because my movement and pace usually allows me to split the oppositions defence and allow my keeper to play first time long ball (Route One). Usually this tactic is used towards the end of a game, when the oppositions defenders get tired and their legs feel heavy.

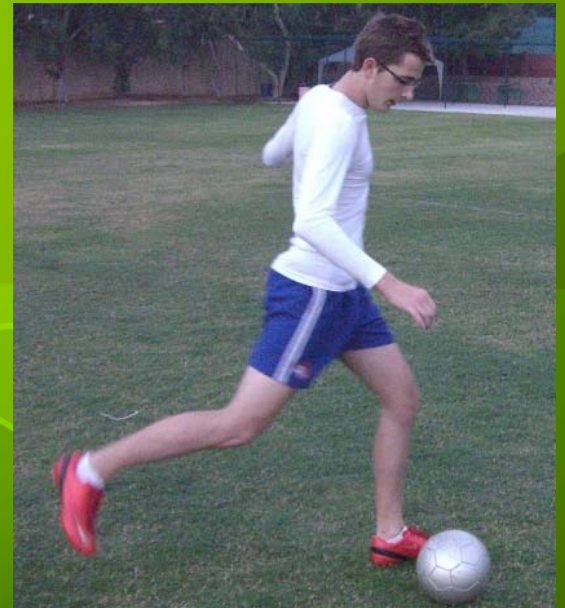
This is also appropriate to the “Counter- Attacking” tactic, because my team’s general movement combined with my relatively fast pace allows through balls to be played, till the end result, more often than not, is a goal. This tactic would be played when the oppositions defenders play a high line, or when they are pushed further forward, when they may have a set piece like a corner or free kick.



Psychological Techniques

Before playing football, I usually am slightly nervous, because I always feel, I need to perform at the best of my ability and better than everybody else, so in a way I pressurise myself to play well. To calm my nerves, I apply various techniques before a game, or even during it to keep me focused and determined. These methods include:

- Motivation: my coach and teammates psych me up.
- Anxiety and Stress Control: to relieve my stress I like to listen to music just before games.
- Controlled Aggression: Music is also used here.
- Goal Setting: I like to set myself the target of scoring a hat trick each game.
- Strategies - Mental Rehearsals, Visualisation, Imagery, Relaxation Techniques: I tend to visualise how I am going to score.



Psychological Techniques Continued

Motivation (Strength): I motivate myself before games in various different ways to other people. One method is for me to wear my beloved number 9 shirt. This is because, my role models and heroes, who motivate me, wore that number.



Anxiety and Stress Control (Strength): To reduce my anxiety stress I usually like to listen to music, this may pump and psych me up, but it keeps my head focused.



Controlled Aggression (Weakness): I tend to release my anger out on others, or challenge myself to play better.

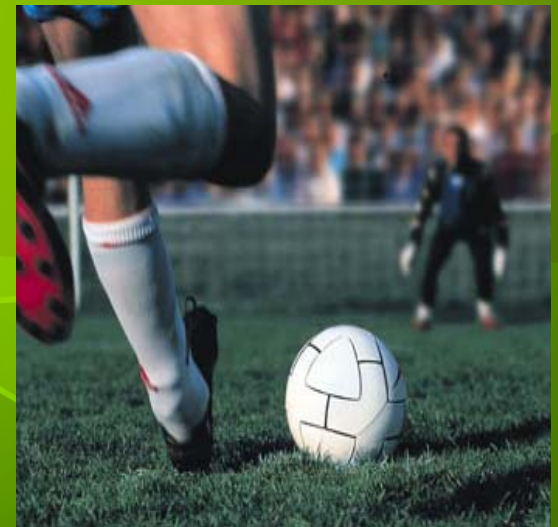


Psychological Techniques Continued

Goal Setting: I use this technique a lot. Especially before games, I challenge myself to score at least 3 goals a game, which is not unrealistic. It is very specific, only slightly achievable, but not impossible. Also, I hope to achieve this every game I play.

S = Specific
M = Measurable
A = Attainable
R = Realistic
T = Timely

Mental Rehearsals and Visualisation: This is the technique, I use the most. I not only do this before games, or even during it, but I imagine games, goals and dribbles in my head all the time. For this area, I try to think about of all the skills and goals I can do, to relax myself and assure myself of my ability.



Measuring Strengths and Weaknesses

(DECIDED BY COACH)

Here is a Spider Web showing MY Performance Components for Football:

SP: "Short Passing" 8/10

LP: "Long Passing" 7/10

SH: "Shooting" 6/10

DR: "Dribbling" 6/10

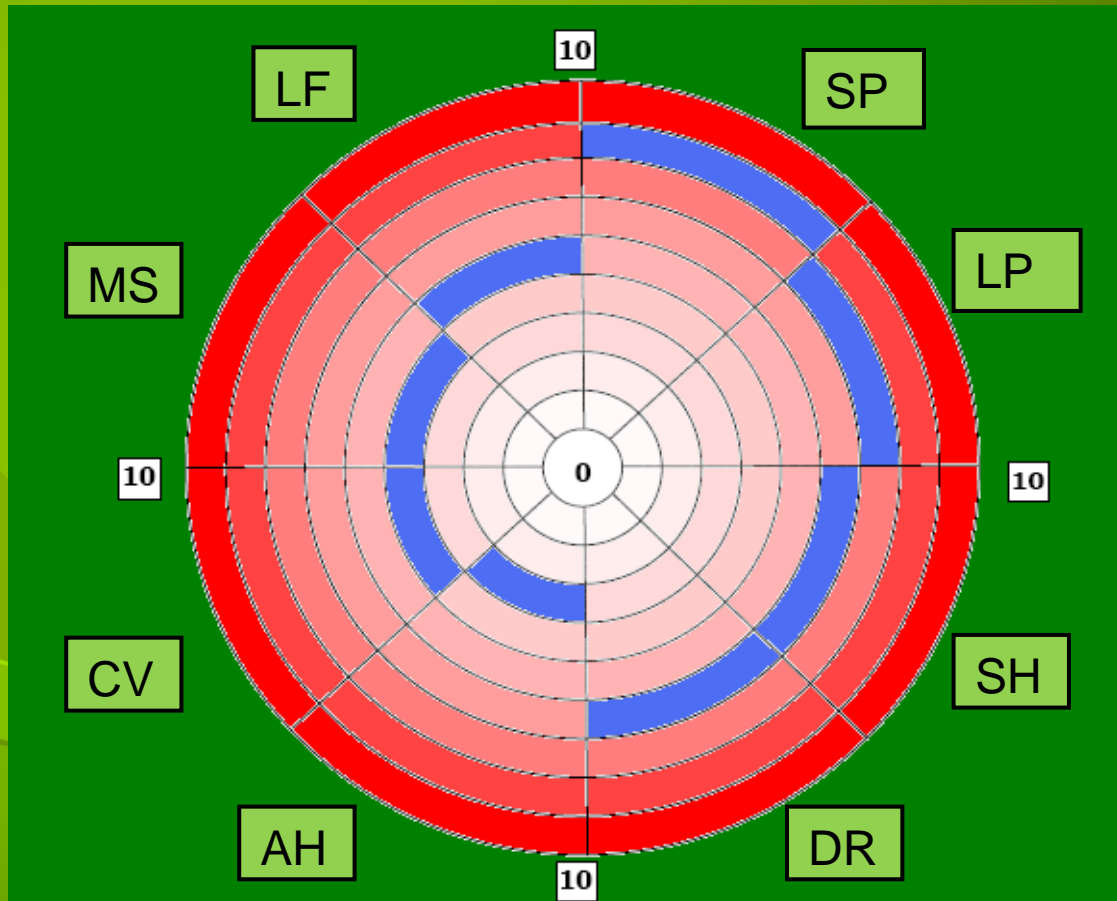
AH: "Attack. Headers" 3/10

CV: "CV Fitness" 4/10

MS: "Musc. Strength" 4/10

LF: "Left Foot" 5/10

AVERAGE: 5.375



The blue sector signify the level at which I rate each Performance Component.

Measuring Strengths and Weaknesses Continued

Here is a Spider Web showing an **ELITE's** Performance Components:

SP: "Short Passing" 8/10

LP: "Long Passing" 8/10

SH: "Shooting" 9/10

DR: "Dribbling" 10/10

AH: "Attack. Headers" 10/10

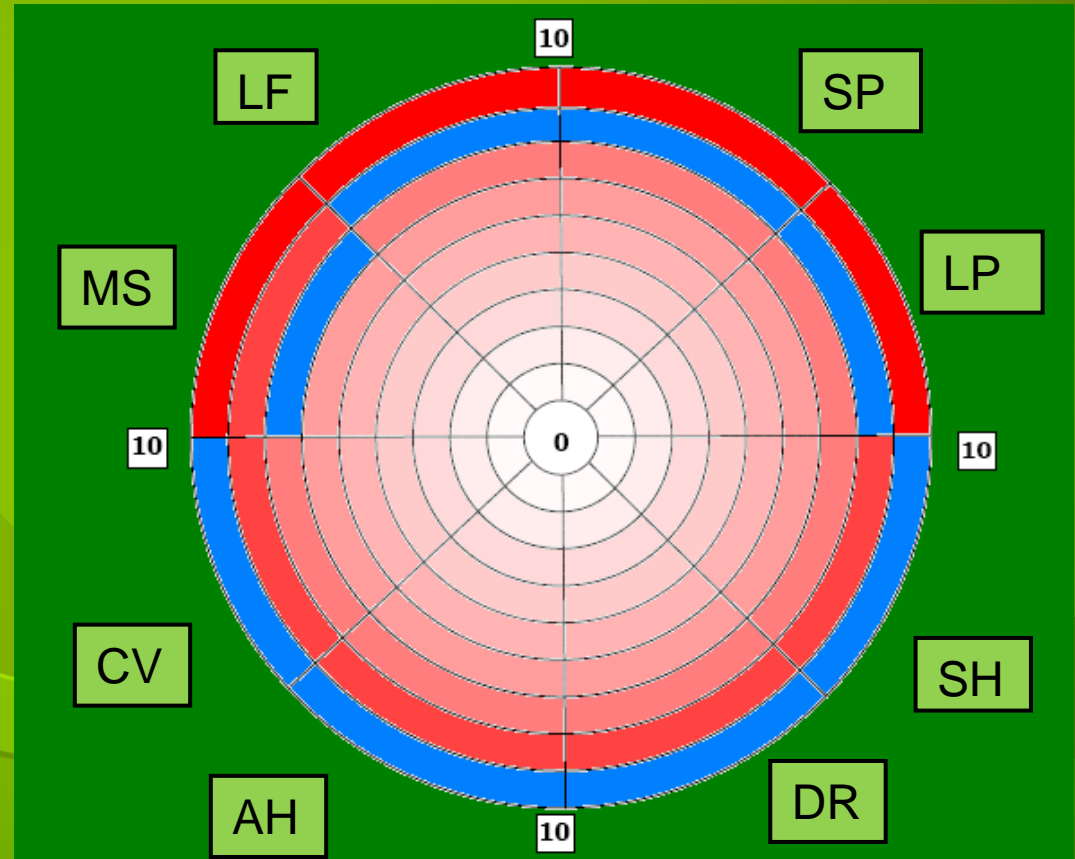
CV: "CV Fitness" 10/10

MS: "Musc. Strength" 7/10

LF: "Left Foot" 8/10

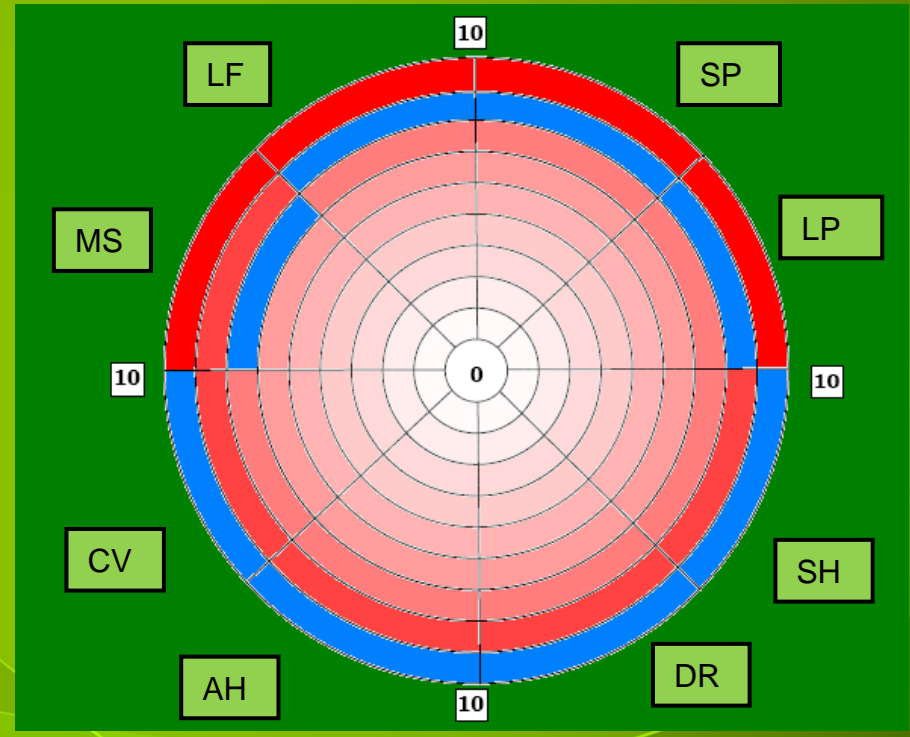
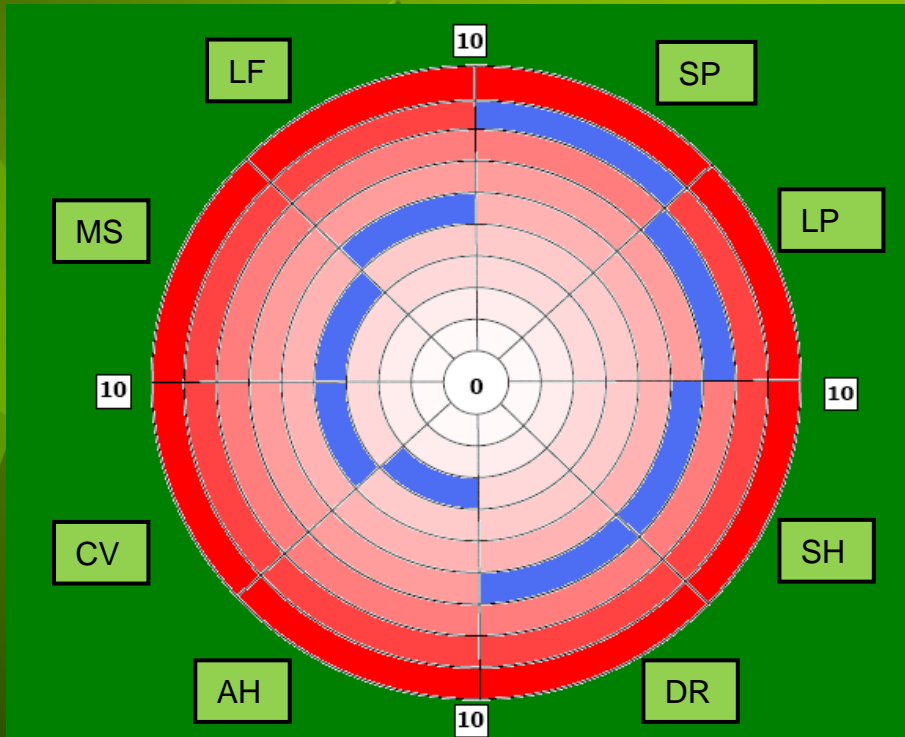
AVERAGE: 8.75

Stats governed by impartial sources.



The blue sector signify the level at which I rate Cristiano Ronaldo's Performance Components.

Comparing Performance Components to an Elite Footballer



Comparing my Performance Components with an Elite footballer (Cristiano Ronaldo). I got an average from the "Spider Web" of 5.375 and Ronaldo scored 8.75/10. he is clearly a more physical player with a greater CV Fitness Level and he perfects in skills like dribbling and shooting .



Physiological Review

- Did I cope physically within the context of the sport, match or physical activity – how good was my **“Fitness for Purpose”**?
For my position , I have found that my Fitness for Purpose has contributed to some of the goals I have scored and the performances I have had. For example my muscular endurance keeps me going for long periods of the game without fatigue and due to this, I have scored several goals late on in games, when the opposition has got tired.
- Was I able to meet the physical demands expected of me regarding my **“Positional Play”**? I believe that my Positional Play is one of my greatest strengths as I feel, the majority of the goals I have scored is down to the timing of my runs, spacial awareness and movement both on and off the ball.
- Did I tire towards the end of the performance? Eventually my muscles tire, especially my quadriceps and hamstrings. This is down to the long distances I cover when closing down defenders or even dribbling with the ball.
- How was I able to **recover** form long periods of intense activity? Usually I try to slowly down gradually and I try to breathe slowly and move as little as possible. After my ventilation rate is back to normal, it is just a matter of relaxing my muscles, for this I usually have an ice bath or really cold shower.

Technical Review

- Did I successfully employ my own skill repertoire – Core Skills?

During matches I have exploited the Core Skills that I had identified, to great use, especially Long Passing and Shooting. A lot of the teams tactics revolve around the players keeping possession and spreading the ball out wide to the wings, this is one example where my distribution skills are tested. Generally I have scored a goal a game, and this is down to my ability to shoot from different angles and distances. On the other hand I have not used my left foot as often as I should have and my heading would improve even more, if I had more opportunities to be tested in the air from crosses and set pieces.

- Did my techniques hold under pressure?

At first I struggled to keep my temper and concentration, provided that I am under a lot of pressure, this would have a negative affect on my technical skills. Now I have got used to the pressure and sometimes thrive under it, I have managed to score goals in important matches in tournaments that have advanced my team through to later stages in cups.

- Did my specific “**Positional Skills**” impact upon the success of the group/team?

As mentioned before: the majority of the goals I have scored is down to the timing of my runs, spacial awareness and movement both on and off the ball.

Tactical/Psychological Review

Tactical:

Did I make the correct “**Tactical Decisions**” both on and off the ball?

Sometimes I made the wrong decisions when in possession of the ball, I have made the wrong decision, as I have not looked up. But most of the options present themselves, when my teammates call for the ball, or tell me to shoot.

- How good was I at **Understanding what my Opponents** were aiming to do?

I can usually anticipate when the opposition changes their tactics, or strategies. But my coach usually reacts to these changes and alters our formations.

Psychological:

- How Mentally prepared was I before the performance?

I am usually very mentally prepared, although I can get very nervous. But to keep my mind on the game ahead, I usually pre-meditate moves I will perform during matches.

