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| Edexcel | A Level Physical Education | The Critical Performer |
| Unit 2 | Notation – Analysis | Task: 2.4 Ex: 3 |
| Name: [REDACTED] | Institution: [REDACTED] | Date: 16.12.09 |

INTRODUCTION: I have referred to my Strengths and Weaknesses and after devising an 8 week long training programme and through several matches, I have collated some statistics to see which areas need improving.

OBJECTIVE: To devise a notational analysis sheet on Football and playing as a Striker. I am analysing the number of passes and shots I take, as these are two of the main aspects a striker must have. Over these notations I can critically evaluate my current and future ability in these areas.

Notation of my Personal Performance in the FIRST HALF of the match on the: **16.12.09**

| | <u>PLAYED WITH MY LEFT FOOT</u> | <u>PLAYED WITH MY RIGHT FOOT</u> |
|----------------------------|---------------------------------|----------------------------------|
| <u>SUCCESSFUL PASSES</u> | 1 | 12 |
| <u>UNSUCCESSFUL PASSES</u> | 3 | 5 |
| <u>SUCCESSFUL SHOTS</u> | 1 | 2 |
| <u>UNSUCCESSFUL SHOTS</u> | 0 | 2 |
| | <u>GOOD</u> | <u>BAD</u> |
| <u>HEADERS</u> | 0 | 2 |
| <u>TACKLES</u> | 1 | 1 |

Notation of my Personal Performance in the SECOND HALF of the match on the: **16.12.09**

| | <u>PLAYED WITH MY LEFT FOOT</u> | <u>PLAYED WITH MY RIGHT FOOT</u> |
|----------------------------|---------------------------------|----------------------------------|
| <u>SUCCESSFUL PASSES</u> | 0 | 10 |
| <u>UNSUCCESSFUL PASSES</u> | 1 | 2 |
| <u>SUCCESSFUL SHOTS</u> | 0 | 2 |
| <u>UNSUCCESSFUL SHOTS</u> | 1 | 2 |
| | <u>GOOD</u> | <u>BAD</u> |
| <u>HEADERS</u> | 0 | 0 |
| <u>TACKLES</u> | 3 | 0 |

EVALUATION/ REVIEW OF PERFORMANCE:

During the analysis, that was taken on myself during a match on the 16.12.09, I have spotted some definite areas of weaknesses and only several strengths that helped during the 4-0 win. My left foot passing is definitely below standard and my passing success rate is 23:12 (12 being the bad ones). Another are I can see is that for a striker the number of good headers is far too low, as I need to score some goals with my head as 100% were bad.

| | <u>TOTAL</u> |
|----------------------------|--------------|
| <u>SUCCESSFUL PASSES</u> | 23 |
| <u>UNSUCCESSFUL PASSES</u> | 12 |
| <u>SUCCESSFUL SHOTS</u> | 4 |
| <u>UNSUCCESSFUL SHOTS</u> | 5 |
| | |
| <u>HEADERS</u> | 2 |
| <u>TACKLES</u> | 5 |

WHAT I NEED TO IMPROVE:

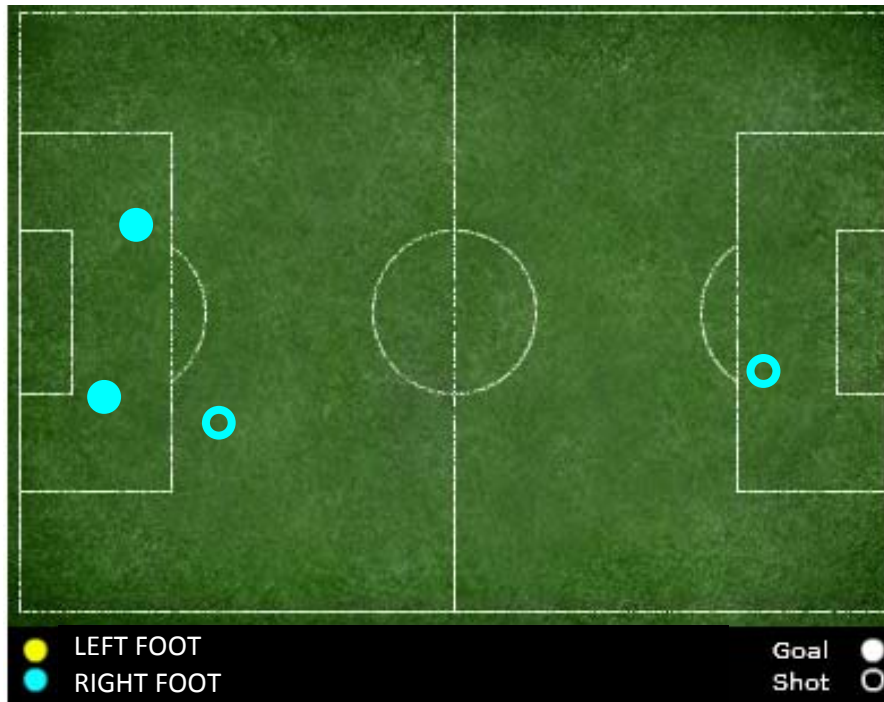
It is really clear, that some aspects of my game need to be improved and that if they aren't they will hinder my progress, to try to get into my school's "A Team". The skills that I have pinpointed to be the most crucial ones and the ones that need the most attention are "Attacking Headers" (with only 2 bad ones made during the entire 90 minutes), "Long Passing" – (predominantly with my left foot as 4/7 of my unsuccessful passes were from my left foot) and also my "Cardiovascular" Fitness as this is the reason why I feel exhausted after frequent short bursts of speed.

COMPARISON TO ELITE PERFORMER:

For my first Notation, I have decided to compare myself against an Elite footballer to show where I am compared to him and to mainly see what attributes he has that are superior to mine, that make him a world-class striker. As of the 16.12.09 the Andrei Arshavin had played 23 times for Arsenal with 8 goals, 4 assists, 58 shots, with 25 of those shots on target. This shows that he has a good 1:3 goal to game ratio.



Andrei Arshavin



SHOOTING OBSERVATIONS

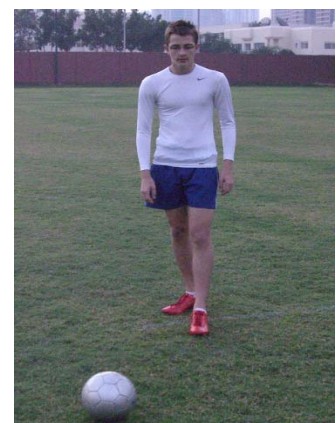
In this game I managed to score 2 goals in one half of the game. Despite this I only took 4 successful shots during the whole game, which is far too low for a striker. The fact that I have singled out my left foot ability as a weakness, is shown on this pitch analysis, as it shows I took all accurate shots with my right and predominant foot. In this particular game, I had shots from areas ranging from the 12 yard box to around 20 yards which shows I also have power in my shots, which I regard as a strength.

HOW TO IMPROVE THEM:

As I have discovered some potentially hindering weaknesses to my game, I will set up an 8 week training programme, which, will see me train several times a week, regularly, in order for me to improve in those areas, which in turn, will hopefully make me a better striker.

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.

Also, 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 too.



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| Edexcel | A Level Physical Education | The Critical Performer |
| Unit 2 | Notation – Analysis | Task: 2.4 Ex: 3 |
| Name: [REDACTED] | Institution: [REDACTED] | Date: 27.1.10 |

OBJECTIVE: To devise a notational analysis sheet on Football and playing as a Striker.

Notation of my Personal Performance in the FIRST HALF of the match on the: **27.1.10**

| | <u>PLAYED WITH MY LEFT FOOT</u> | <u>PLAYED WITH MY RIGHT FOOT</u> |
|----------------------------|---------------------------------|----------------------------------|
| <u>SUCCESSFUL PASSES</u> | 2 | 17 |
| <u>UNSUCCESSFUL PASSES</u> | 0 | 4 |
| <u>SUCCESSFUL SHOTS</u> | 0 | 2 |
| <u>UNSUCCESSFUL SHOTS</u> | 0 | 0 |
| | <u>GOOD</u> | <u>BAD</u> |
| <u>HEADERS</u> | 2 | 1 |
| <u>TACKLES</u> | 1 | 1 |

Notation of my Personal Performance in the SECOND HALF of the match on the: **27.1.10**

| | <u>PLAYED WITH MY LEFT FOOT</u> | <u>PLAYED WITH MY RIGHT FOOT</u> |
|----------------------------|---------------------------------|----------------------------------|
| <u>SUCCESSFUL PASSES</u> | 5 | 14 |
| <u>UNSUCCESSFUL PASSES</u> | 2 | 0 |
| <u>SUCCESSFUL SHOTS</u> | 0 | 1 |
| <u>UNSUCCESSFUL SHOTS</u> | 0 | 0 |
| | <u>GOOD</u> | <u>BAD</u> |
| <u>HEADERS</u> | 1 | 0 |
| <u>TACKLES</u> | 0 | 2 |

EVALUATION/ REVIEW OF PERFORMANCE:

Compared to my performance on 16.12.09, there is a clear improvement in my heading and passing. This can be seen from the 38 successful passes and only 6 unsuccessful that I did, which shows my timing and technique have improved. There is also a clear increase in the number of headers I made, as I headed 3 more balls than my "Notation 1" which shows that I am more comfortable with heading the ball towards goal as seen by my 75% success rate.

| | <u>TOTAL</u> |
|----------------------------|--------------|
| <u>SUCCESSFUL PASSES</u> | 38 |
| <u>UNSUCCESSFUL PASSES</u> | 6 |
| <u>SUCCESSFUL SHOTS</u> | 3 |
| <u>UNSUCCESSFUL SHOTS</u> | 0 |
| | |
| <u>HEADERS</u> | 4 |
| <u>TACKLES</u> | 4 |

WHAT I NEED TO IMPROVE:

Despite evidently improving my success rates in my identified weaknesses (Heading, Cardiovascular Fitness and Dribbling with the Ball) and also raising my left foot to right foot ratio, I can undoubtedly say, that my footballing game as a whole (as a striker in particular) have drastically got better. On the other hand, there is always room for enhancement, as I have noticed on several occasions during matches that I still get physically exhausted towards the end of the game and also my number of tackles made. should increase. if I want to have more possession of the ball.

COMPARISON TO ELITE PERFORMER:

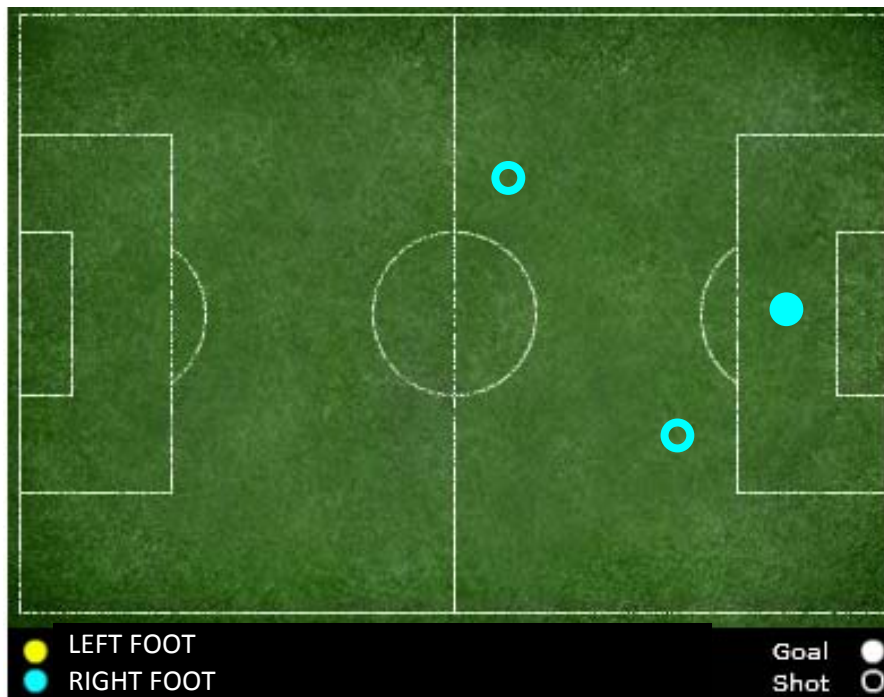
As this is my final notation, I can see the evident similarities between an elite footballer in my position (striker) and myself. It shows that only 3 passes in total (successful and unsuccessful) separate the two of us, which shows we are both involved with our own team's attacking plays and like to have possession of the ball, trying to dribble passed players. The "SHOT" tallies aren't that different, as we both took 3 shots in our own matches. The main difference, is that I have actually headed the ball more times, that him, but I have deduced this down to the fact that he is small in stature, with a 1.72cm build.



Andrei Arshavin

| <u>MY STATISTICS</u> | <u>TOTAL</u> |
|----------------------------|--------------|
| <u>SUCCESSFUL PASSES</u> | 38 |
| <u>UNSUCCESSFUL PASSES</u> | 6 |
| <u>SUCCESSFUL SHOTS</u> | 3 |
| <u>UNSUCCESSFUL SHOTS</u> | 0 |
| | |
| <u>HEADERS</u> | 4 |
| <u>TACKLES</u> | 4 |

| <u>ARSHAVIN's STATISTICS</u> | <u>TOTAL</u> |
|------------------------------|--------------|
| <u>SUCCESSFUL PASSES</u> | 39 |
| <u>UNSUCCESSFUL PASSES</u> | 8 |
| <u>SUCCESSFUL SHOTS</u> | 3 |
| <u>UNSUCCESSFUL SHOTS</u> | 2 |
| | |
| <u>HEADERS</u> | 3 |
| <u>TACKLES</u> | 5 |



SHOOTING OBSERVATIONS

Throughout the whole game I took 3 shots, which were all on target and one was a goal. As you can see from the pitch analysis on the left, it shows that all three shots were taken from completely different positions on the pitch. One technical downside to my shooting for this particular game is that none of these shots were taken with my left foot, and the goal I did score came from a penalty as a result of a foul on me when I had the ball.

Since the Notational Analysis that was taken 6 weeks prior to this one, I have seen definite development in some areas I considered weaknesses. My left foot passing/shooting has improved as I have done 6 more successful passes than before. Also my heading has seen a 200% increase.



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| Edexcel | A Level Physical Education | The Critical Performer |
| Unit 2 | Notation – Analysis | Task: 2.4 Ex: 3 |
| Name: [REDACTED] | Institution: [REDACTED] | Date: 9.1.10 |

OBJECTIVE: To devise a notational analysis sheet on Andrei Arshavin and his role as a Striker.

Notation of Elite Performer's Performance in the FIRST HALF of the match on the: **9.1.10**

| | <u>PLAYED WITH HIS LEFT FOOT</u> | <u>PLAYED WITH HIS RIGHT FOOT</u> |
|----------------------------|----------------------------------|-----------------------------------|
| <u>SUCCESSFUL PASSES</u> | 3 | 20 |
| <u>UNSUCCESSFUL PASSES</u> | 2 | 4 |
| <u>SUCCESSFUL SHOTS</u> | 1 | 0 |
| <u>UNSUCCESSFUL SHOTS</u> | 0 | 2 |
| | <u>GOOD</u> | <u>BAD</u> |
| <u>HEADERS</u> | 1 | 0 |
| <u>TACKLES</u> | 1 | 0 |

Notation of my Elite Performer's Performance in the SECOND HALF of the match on the: **9.1.10**

| | <u>PLAYED WITH HIS LEFT FOOT</u> | <u>PLAYED WITH HIS RIGHT FOOT</u> |
|----------------------------|----------------------------------|-----------------------------------|
| <u>SUCCESSFUL PASSES</u> | 4 | 12 |
| <u>UNSUCCESSFUL PASSES</u> | 1 | 1 |
| <u>SUCCESSFUL SHOTS</u> | 0 | 1 |
| <u>UNSUCCESSFUL SHOTS</u> | 0 | 0 |
| | <u>GOOD</u> | <u>BAD</u> |
| <u>HEADERS</u> | 1 | 1 |
| <u>TACKLES</u> | 2 | 2 |

EVALUATION/ REVIEW OF PERFORMANCE:

As a First-Choice Striker for Arsenal Football Club, a team who play a very controlled, direct, passing game, Andrei Arshavin played well against Everton in this 2-2 draw. Despite Arsenal's generally high possession rate, Arshavin had few opportunities to score goals and remained inactive, during lengthy periods during the game, shown by his very low 5 shots in total. Due to Arshavin's 1.72m stature, it is unsurprising to see his total headers for 90 minutes at only 3. But his passing is very good as he played 39 successful passes.

| | <u>TOTAL</u> |
|----------------------------|--------------|
| <u>SUCCESSFUL PASSES</u> | 39 |
| <u>UNSUCCESSFUL PASSES</u> | 8 |
| <u>SUCCESSFUL SHOTS</u> | 3 |
| <u>UNSUCCESSFUL SHOTS</u> | 2 |
| | |
| <u>HEADERS</u> | 3 |
| <u>TACKLES</u> | 5 |

WHAT HE MAY NEED TO IMPROVE:

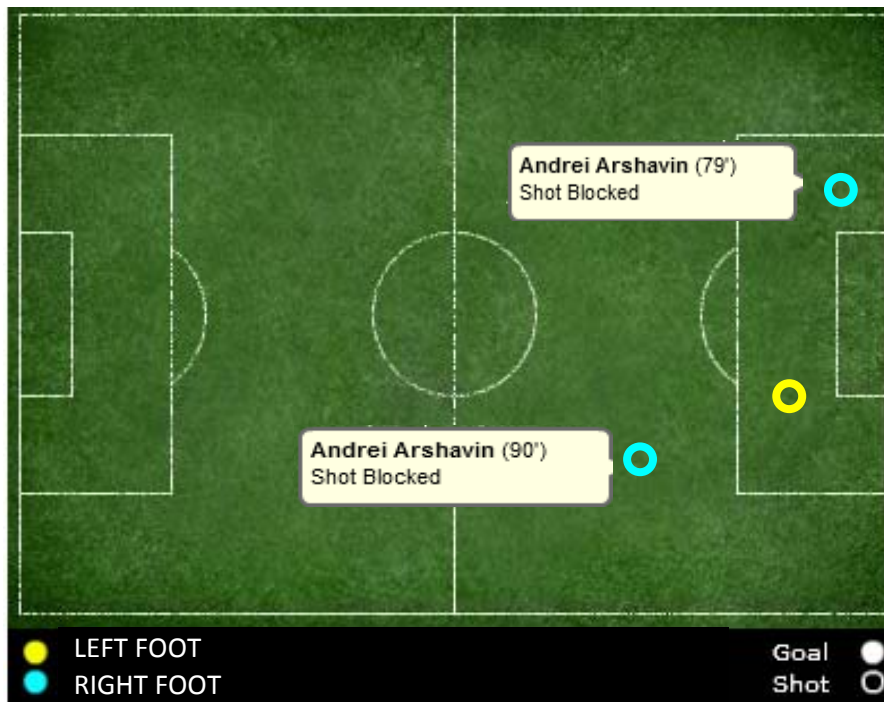
Arshavin is clearly a player who enjoys dribbling with the ball and I am aware from watching Arsenal's 2-2 draw with Everton that he is comfortable with the ball at his feet. But, for him to show his tremendous dribbling ability, he must improve his movement, to make sure he gets involved more, and have more touches (certainly as Arsenal play such an "Attacking-minded" style of play). As I believe this is his main weakness, I should also mention that he should move into space and make forward runs more. as he also has the ability to shoot with very little backlift (POWER).

COMPARISON TO MY PERSONAL PERFORMANCES:

So far this season Arsenal's Russian Forward Andrei Arshavin has played 30 times, scoring 9 goals, with 5 assists, 73 shots, with 30 of those shots on target. This shows that has just over a 1:3 goal to game ratio. I have played around 8 games for my school team so far, and also have played in numerous friendly matches throughout the year as well. In the 8 cup games I have played I have only scored 2 goal (1:4 goal to game ratio) with several assist too.



Joshua Allison

ARSHAVIN'S MATCH HIGHLIGHTS:

- | | |
|-----|--|
| 71' | Attempt blocked. Denilson (Arsenal) left footed shot from the left side of the box is blocked. Assisted by Andrey Arshavin with a cross. |
| 79' | Attempt blocked. Andrey Arshavin (Arsenal) right footed shot from a difficult angle on the left is blocked. Assisted by Carlos Vela. |
| 90' | Attempt blocked. Andrey Arshavin (Arsenal) left footed shot from outside the box is blocked. Assisted by Tomas Rosicky. |
| 90' | Attempt blocked. Andrey Arshavin (Arsenal) header from the centre of the box is blocked. Assisted by Bacary Sagna with a cross. |

SHOOTINGOBSERVATIONS

Judging by this Shooting Analysis, it shows that Andrei Arshavin, took all 3 of his shots in the second half. This shows us a few things. Firstly, it shows that as a Striker, he has a high Muscular Endurance Level, as he is able to shoot repetitively towards the last few minutes of the game. It also shows that Arshavin uses both feet to shoot which is definitely a strength for him. Lastly, what is good for an Elite Footballer, is that he can score from several positions on the pitch as shown on the image to the left, where he took a shot from over 25 yards and a shot from about 12 yards (from an acute angle).



CONCLUSION:

| | <u>TOTAL</u> |
|----------------------------|--------------|
| <u>SUCCESSFUL PASSES</u> | 38 |
| <u>UNSUCCESSFUL PASSES</u> | 6 |
| <u>SUCCESSFUL SHOTS</u> | 3 |
| <u>UNSUCCESSFUL SHOTS</u> | 0 |
| | |
| <u>HEADERS</u> | 4 |
| <u>TACKLES</u> | 4 |

ME

| | <u>TOTAL</u> |
|----------------------------|--------------|
| <u>SUCCESSFUL PASSES</u> | 39 |
| <u>UNSUCCESSFUL PASSES</u> | 8 |
| <u>SUCCESSFUL SHOTS</u> | 3 |
| <u>UNSUCCESSFUL SHOTS</u> | 2 |
| | |
| <u>HEADERS</u> | 3 |
| <u>TACKLES</u> | 5 |

Andrei Arshavin

Overall, I can see several similarities between the passing and shooting ratios of Arsenal's Andrei Arshavin and myself. As seen above, the statistics are very close, with only a single shot, pass, header and tackle separating us. I believe that Arshavin loves to run with the ball and dribble past defenders, and often you will see him pass and shoot with his right foot. Similarly, I tend to use my right foot a lot more than my right, but despite the apparent lack of use from my left foot, I never had an unsuccessful shot. I also have considered that Arshavin's weakness – his heading – is due to his diminutive height amongst some of the tallest players in The English Premier League, where as I sometimes use my 6 foot 1 inch height to head the ball to my teammates. Also, by looking at the pitch layout of both my notations and the one on Andrei Arshavin, you can see that we both like to vary the angle and distance of our shots, both not afraid to shoot from far away.



Joshua Allison



Andrei Arshavin