**Analysis of Performance planning sheet.**

Use this sheet to help you plan what you will talk about in your analysis of performance.

Sport:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
| **Rules**  (List and explain as many rules as possible, using correct terminology) | Rules | Action |
| **Key skills**  (List the key skills/ techniques involved in your sport and explain what the technical model for each should look like) | Key Skills | Correct Technical Model |
| **Strengths and Weaknesses** | Identify strengths and weaknesses that may occur in the key skills. | Explain how you would correct the weaknesses. |
| **Role of leader** | List the leaders that are involved in your sport. | Explain what their role involves. |
| **Your PEP** | Discuss how you used your PEP to improve performance in your chosen sport.  Discuss the principles of training and methods of training you used.  What did you do to measure your progress? | |

Any other notes: