**Section One – Skills**

Remember you will **need to identify three skills that you saw as particular strengths** of that participant, as well as **three skills that you saw as particular weaknesses**.

**Skills** within basketball could be:

**Offensive Skills** :

Dribbling (L & R) 3pt Shooting Lay-ups (L&R) Jump Shot Defensive footwork Screening

Passing (javelin, bounce, chest) Receiving

**Defensive Skills** :

Blocking Marking (M2M) Marking (zone) Interception

Common weaknesses within these skills are highlighted in yellow – these should often be easier to spot than others! Think about the timing of these techniques as any moment where they mistime would mean that this could be a weaker area e.g. mistimed interception, mistimed shot etc.

Once you have found the strength or weakness, **explain WHY it was a strength or weakness**. Think about the phases of the technique:

* Preparation (what was their body position like prior to the start of the technique?)
* Execution (what was the actual technique like in terms of action – flowing, jerky etc.)
* Recovery (what happened with the follow-through of the technique action?)
* Result (Did the technique end up exactly like it was supposed to e.g. did the shot go in? did the pass reach the target?)

**E.g.** *A strength of the point guard was their passing. This was because in preparing for every pass, they had a very balanced body position, weight was slightly more on the rear foot and they made a ‘W’ shape with their hands on the ball. The execution was fluent and they snapped their wrists as their weight transferred to the front foot, giving them momentum.*

Or

**E.g.** *A weakness of their passing was their recovery phase. This was because in the recovery phase they id not follow through in the intended direction of the pass. This means that biomechanically, the force exerted on the ball will be directed incorrectly and the pass is likely to be inaccurate and off target.*

**Section Two – Tactics**

Remember you will **need to identify three tactics that you saw as particular strengths** of that participant, as well as **three tactics that you saw as particular weaknesses**.

**Tactics** within basketball could be:

Beating opponents Support/positioning Ball distribution Breaking free from a marker

Individual ability to perform a Set plays Effective communication within a unit (e.g. in the back four)

Player to player defence (ii) No pressing defence (iii) No zone defence

Again, once you have found the strength or weakness, **explain WHY it was a strength or weakness**. Try to think of how the tactic relates to the individual first, and then how this could affect the team performance.

**E.g.** *A weakness of the guard was their ability to execute a full court press. They allowed their opponent to have too much space and therefore control of the opposition team offense. Because they did not sustain the intense close marking of their player, other teammates were put under extra pressure and the collective team press failed to be effective and restrict passing and movement.*

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**Section Three – Fitness**

Remember you will **need to identify three fitness components that you saw as particular strengths** of that participant, as well as **three fitness components that you saw as particular weaknesses**.

Fitness components within football could be:

Speed Strength Power Aerobic Endurance Muscular Endurance

Flexibility Body Composition Agility Reaction Time (Simple)

Reaction Time (Choice) Balance (Static) Balance (Dynamic) Co-ordination

(Common weaknesses are highlighted in yellow)

Again, once you have found the strength or weakness, **explain WHY it was a strength or weakness**. Try to think about why this particular fitness component would be a strength or a weakness – **explain in the context of the game you are watching!**

**E.g.** *A weakness of the striker was their flexibility. In having to defend with arms elevated for substantial parts of the game and also whilst receiving lob passes, he is restricted in shoulder movements. When in possession of the ball, he has to use arm movements to protect the ball and his poor mobility in this ball and socket joint, which should have a large range of movement, is affecting his performance of skills. The rotator cuff muscles might be inflexible and his deltoids and latissimus dorsi which contribute to circumduction, would need increasing flexibility.*

**E.g.** *A strength of the point guard was their explosive strength in the legs. The gastrocnemius, rectus femoris and gluteus maximus all contracted with strong force and rate of contraction to generate a large explosive fore during jumps to intercept and to execute a jump shot. The athlete probably has a large proportion of FG fibres which using anaerobic sources are important for powerful fast contractions.*

**Section Four – Designing a Training Programme**

Once you have identified ALL of the strengths and weaknesses from your observation, you must highlight what you feel is the biggest weakness of the areas you have discussed.

THINK! **Don’t just select something that you are comfortable with** – you must show that you have considered all of the weaknesses and prioritised the most important one to the performance that you watched. The best thing to do is justify your choice – **make the EPIP examiner understand why you have selected this**.

E.g. *I watched the performer and I felt that there were three major weaknesses. However,* ***the most important weaknesses*** *was their lack of ball control within the game as without this they could not become effective as part of a successful team and would lack basic technical ability to support their performance.*

Once you have identified the biggest weakness, you then need to create a training plan for this. The examiner will observe your use of the following principles:

**FITT** – Frequency, Intensity, Time, Type

**SPORT** – Specificity, Progression, Overload, Reversibility, Tedium / Variance / Variety

**WIMP** – Warm-up and Cool-down, Individuality, Moderation, Periodisation

The best way to start this is to write down a simple plan regarding how you would develop the main weakness. As a rough guide:

* **To improve a skill weakness, this can be 3-6 weeks in duration**
* **To improve a tactical weakness, this can be 3-6 weeks in duration**
* **To improve a fitness component weakness, this can be 6-8 weeks in duration**

You must discuss this with the EPIP examiner before you start to discuss your specific plan. It is always best to begin with the Frequency component of FITT and outline this to the examiner as it shows your basic thinking.

Before deciding on your plan – THINK! They may already be doing lots of training, so you may just need to plan around this. This can save you some planning time **if you explain this to the EPIP examiner**.

**E.g**. *I have decided to focus on the fitness component of muscular endurance. In order to develop this for my performer,* ***I have created a 6 week training programme****, which will initially be one session per week but progress by week 3 to two sessions and by week 5 to three sessions. This is added to his / her regular football coaching sessions each week and every session will last no longer than thirty minutes.*

**Training Plan – Coaching Points**

**BEFORE** you start to plan your training plan, you will need to think about specific coaching points as your training plan needs to show that you have understood how to develop these.

For skills, think about the perfect skill being performed to identify the coaching points.

E.g.

|  |  |
| --- | --- |
| Skill for Basketball | Coaching Points |
| Dribbling | Head upKnees flexedFingers relaxed contact (no palm)Push action from elbowUse of L & R hand |
| Set Shot | BEEF Balanced – feet shoulder width apartElbow - forward and flexedExtension – knees, hips and elbowsFlick – wrist action follows through (giraffe) |
| Passing (chest) | Eyes on target ‘W’ hand position on back of ballPreparation elbows extended and wrists cockedExecution – snap wrists flexed fast & point in direction of pass |

If you have selected a **component of fitness** for your weakness to improve, this is often more difficult. Try to think about how you could **include coaching points within any of the specific drills** you would be using.

This table may help you with this on this particular area:

|  |  |  |
| --- | --- | --- |
| Component of Fitness to Improve | Specific drill or method used to improve this that you might discuss  | Coaching Points in relation to specific technique within the drill used |
| Strength, Power | Bench Press | Whilst on the bench, ensure your feet are flat on the groundExhale when pushing the bar upwardInhale as the bar is brought downward2 secs to push up, 2secs to bring the bar down again. |
| Speed | Interval Running | Running technique whilst performing the drill should be:Head uprightArms bent at 90 degreesRelaxed handsLand on balls of the feetKnee drive should be between 45 – 90 degrees |
| Muscular Endurance | Repeated press-ups | Whilst performing the press-up, back should remain level Bring the chest as close to the ground as possibleArms bent at 90 degrees on downward phaseFully extend arms in upward phaseBreathe correctly during upward and downward phases |

With regards to improving a tactical weakness – this is by far and away the most difficult aspect to discuss. If you wish to attempt this, **please see a member of staff for assistance with this**!

**Designing the Training Programme**

The last part of this section requires you to actually design the programme.

**Remember to use the principles of training** mentioned above when constructing – especially progression, frequency, intensity, moderation and tedium / variety.

Each training plan will be independent to each person designing it, but as mentioned before a good way to start is to **think about the amount of training the performer may be doing already and base your training programme around this initially**. This would mean that your sessions could then be shorter initially, and gradually expanding.

**Do:**

* Read and research specific drills for the main weakness - e.g. explore how to improve dribbling, changing direction, speed, strength etc.
* Plan a rough outline of your training plan and check it with a member of staff
* Think about drills you have participated in during previous training sessions and explore how they could be used or adapted to meet the needs of your specific weakness for the performer

**Don’t**

* Just ‘wing it’ and create a plan based on previous experiences in being weak in that area
* Create a random plan that does not address the weakness you have identified. **Check your drills or activities actually improve the weakness you have selected!**
* Create plans that do not adhere to the principles of fitness – again, if you need help with this see a member of staff for support

Remember – you will actually have to SPEAK about the training programme in the EPIP. You cannot just show the EPIP examiner your plan as the exam does not work like this.

Take time and practice explaining your training timetable to friends, family and staff members. **A good way to do this is to speak to individuals who know absolutely nothing about training or your sport – if you can explain it clearly to them, you have a good base to start your EPIP discussion.**