EVALUATION & PLANNING

for IMPROVEMENT

of PERFORMANCE

(EPIP)

Complete an audio recording of the strengths and weaknesses section of your EPIP. This must be completed and submitted by Wednesday. Please e-mail my your recording. Please save yourself a copy.

The EPIP is broken into section. Please see the sheet below to understand the section that it’s split into.

In the first section you must identify the strengths of a person’s performance in your chosen sport. You must break this down into:

Preparation;

Execution:

Recovery:

Note that you need to relate this to a skill and not the sport.

Skill 1: State the skill and then state why it’s strength.

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| **Skills:**  **1. Short passing prep; head over the ball and good foot position next to the ball. Exc: Good use of the side of the foot, head stays low, Rec: good balance and looking up to see where to move.**  **2.**  **3.** |
| **Tactics/Compositional ideas:**  **1. They have good awareness of where their opponent is and adjust their move accordingly**  **2.**  **3.** |
| **Fitness:**  **1. They have good muscular power when they strike the ball which is strength and speed. The ball moves quickly**  **2.**  **3.** |

Notes:

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You need to do the same for the weaknesses that you identify.

Ensure that you state the:

Preparation: Execution and recovery.

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| **Weaknesses** | **Skills:**  **1. When heading their feet are too close together not giving them lift. Execution: due to the limited lift they have to use their arms a lot and appear off balance, recovery: they have their eyes closed and appear off balance on landing.**  **2.**  **3.** |
| **Tactics/Compositional ideas:**  **1.**  **2.**  **3.** |
| **Fitness:**  **1.**  **2.**  **3.** |

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You will then be asked to priorities the weakness

You must prepare an action plan that looks at the particular skill.

First identify the coaching points of how to do it correctly.

Create some sort of test of the skill

Then explain session that show progression

Within each session there must be development of practices.

Usually people do a 3-6 week training programme for 2 session a week.

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| **Action Plan** | **Coaching Points:**  E.g., short passing, |

Within this section you can state the reason for the type of practice; however, this is not the most important element. The type of practices that you choose is. Ensuring that there are clear progressions from drill to drill and retest at the end.

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| **Candidate Name:** | | **Teacher initials:** | **Date:** | | | | |
| **EPIP Assessment Criteria** | | | | **BAND** | | | |
| **1** | **2** | **3** | **4** |
| **Strengths** | **Skills:**  **1.**  **2.**  **3.** | | |  |  |  |  |
| **Tactics/Compositional ideas:**  **1.**  **2.**  **3.** | | |  |  |  |  |
| **Fitness:**  **1.**  **2.**  **3.** | | |  |  |  |  |
| **Weaknesses** | **Skills:**  **1.**  **2.**  **3.** | | |  |  |  |  |
| **Tactics/Compositional ideas:**  **1.**  **2.**  **3.** | | |  |  |  |  |
| **Fitness:**  **1.**  **2.**  **3.** | | |  |  |  |  |
| **Prioritise Weakness** |  | | |  |  |  |  |
| **Action Plan** | **Coaching Points:** | | |  |  |  |  |
| **EPIP Assessment Criteria continued** | | | | **BAND** | | | |
| **1** | **2** | **3** | **4** |
| **Action plan continued** | **Detailed Practices:** | | |  |  |  |  |
| **Time Scale:** | | |  |  |  |  |
| **Theory Application** | **Participation and Progression:** | | |  |  |  |  |
| **Health and Fitness Benefits:** | | |  |  |  |  |

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| **Band 1** | **Band 2** | **Band 3** | **Band 4** | **EPIP TOTAL (20)** |
| **16-20** | **11-15** | **6-10** | **0-5** |  |