



Summer Project 2019

Subject: Sport and Exercise Sciences

Teacher: Matt Page

Purpose of your Summer Project: *This summer project is designed to give you an insight into one of the fastest-expanding disciplines in sport science, performance analysis. This is a rudimentary version of performance analysis that should also help you to understand some of the difficulties and problems encountered within this field. This is a taster of one type of sport analysis we will conduct in BTEC Sport and Exercise Sciences.*

Tasks/Activities: This is a summer of sport! Wimbledon, the Ashes, the Netball World Cup and some amazing matches recently in the Champions League and domestic football leagues. Your summer project is to conduct a basic performance analysis of either a tennis set or half a match in a sport of your choice, and to compare your results to TV statistics. To complete this follow the instructions below:

1. Decide upon 3 shots or actions that you are going to tally in your tennis, football or other match. Try to cover shots or actions that are collected in TV statistics. For example, in football you might want to look at passes completed, shots on target and shots off target. For tennis you might want to look at forehand winners, backhand winners and unforced errors.
2. Decide upon which player/team you are going to analyse. You only need to look at one player for a set of tennis or one team for the football half.

3. Find a match in your sport you want to observe (on YouTube, BBC IPlayer, etc.) Watch the match/set and try to tally the number of times your three actions are performed. Try to do this live without pausing the video. It is quite difficult to do at times, but try your best, don't give up!
4. Create a table showing the final tallies of your three actions after the set or half a match. Try to find out what numbers the TV statistics came up with for the same set/ half if you can. This might not be available, so you might not be able to add this to your table.
5. Email your completed table to me along with a brief summary (just a few bullet points) of what aspects of the analysis you found difficult and how you might use this information as the coach of the team. Please state what match/set and team/player you looked at.

Example

Analysis of England in the first half of England vs Tunisia 2018

	Passes Completed	Shots on Target	Shots off Target
My Analysis	68	6	4
TV Statistics	52	4	7

- Difficult to see some of the time – camera wasn't on the team with the ball.
- Difficult to see which team had the ball sometimes – camera zoomed out too far.
- Passes completed are quite high so passing is good, need to work on shooting on target though.

Hand in date: September 1st 2019. Please email to m.page@lowestoftsfc.ac.uk