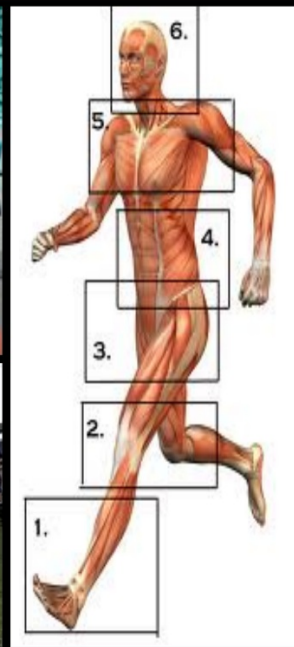


PLANNING & PREPARATION



Question 1a: Describe 2 personal challenges you feel you need to plan and prepare for...

PHYSICAL	MENTAL	SOCIAL	EMOTIONAL
Physical Skills Shooting Passing Dribbling	Concentration Motivation Decision making	Communication Fair play Conduct Team work	Anger Fear Trust

Question 1b: Explain why these challenges are relevant to you and this performance?

Accuracy: Shooting

This affects my performance because I often miss the basket / goal when I shoot.

This also affects my confidence because the more I miss the more I do not want to shoot.

Question 1b: Explain why these challenges are relevant to you and this performance?

Trust

This affects my performance because I do not trust my team mates enough to pass to them, which limits our ability to work as a team.

This also affects my performance because the less I pass to my team mates, the less they pass to me when I am in a good position.

Question 1b: Explain why these challenges are relevant to you and this performance?

Decision making

This affects my performance because often make the wrong decision, such as shooting from far out when I could pass instead.

This also affects my confidence as the more poor decisions I make the less I want the ball.

Question 1b: Explain why these challenges are relevant to you and this performance?

Skills

This affects my performance because I can not play a powerful overhead clear to the back of my opponents court.

This also affects my confidence as I often worry about playing the overhead clear so I don't strike the shuttle with enough power.

Question 1c: Describe how you plan to prepare yourself to meet these challenges?

Skills

I will try to force my opponent to play the shuttle to the front or middle of my court, so I do not have to play the overhead clear.

I will aim to move quickly to the back of the court to allow me more time to get into position to play the overhead clear effectively.

Question 1c: Describe how you plan to prepare yourself to meet these challenges?

Decision making

My team mates have decided they will shout for the pass if they are in a better position to score than me.

I will aim to hold up the ball to give me more time to consider whether to pass, shoot or dribble.

Question 1c: Describe how you plan to prepare yourself to meet these challenges?

Accuracy: Shooting

I will focus on performing lay-ups as much as possible throughout the game as I am more accurate when shooting a lay-up.

I will aim to get into a strong position, close to the goal, where there is less pressure on me to shoot and a smaller chance of me missing.

Question 1c: Describe how you plan to prepare yourself to meet these challenges?

Trust

Myself and my team will aim to communicate better throughout the game, letting each other know if there is someone in a good position to pass to.

I will aim to pass to a team mate if they are in a better position, this will increase the chances of my team passing to me if I am in a good position.

Evaluation



Evaluate your performance in relation to planning and preparation for the 2 challenges described in 1(a) and (c).

Challenge 1: Shooting - Accuracy

Comment 1: My shooting was good during my performance, I scored most of my teams points.

Comment 2: I focussed on lay-ups throughout the game which was a good idea as I scored 90% of my lay-ups.

Comment 3: I took my time when making a set-shot to make sure I wasn't panicking throughout.

Comment 4: The more I scored the more my confidence grew, which helped me maintain focus when shooting.

Evaluate your performance in relation to planning and preparation for the 2 challenges described in 1(a) and (c).

Challenge 2: Decision Making

Comment 1: My decision making was effective in game as I was able to make good passes to players in attacking position, this helped us score points.

Comment 2: I took my time when I had the ball in order to make the right decision, this helped me score lay-ups as I seen that I could drive towards the basket.

Comment 3: My teams performance improved as my team mates trusted my ability to make the right decision when I had the ball.

Comment 4: The more effective decisions I made the more my confidence grew, this helped me to make decisions faster which helped my teams attacking ability.

Evaluate your overall performance.

My overall performance was very good. My passing, shooting and decision making were effective throughout the game. This increased my confidence in my own ability which helped me relax and play to my full potential.

As a result of me playing well and increasing my confidence, my teams whole performance improved. I was able to communicate effectively with my team which helped us when attacking and defending. We were able to shout for ball if someone was in a good position or identify a player who was unmarked and in a dangerous position.

