5a) Explain why it is important to collect information about the impact of the physical factor on performance before starting a development plan.

5b) Evaluate your Physical strength and development needs in comparison to a model performer.

Plan

* Improving training
* Goal setting

1. It is important to collect information about the impact of the physical factor on performance before starting a development plan in order to track your performance. By collecting information from a standardised test, such as the cooper test, a performer can then determine if their performance has improved when they repeat that test. If a performer has improved, they can decide to change their training’s intensity or if they have not improved, they can adjust their training programme completely. Collecting information also allows a performer to set realistic and achievable goals. These goals will motivate a performer to train well in order to reach and achieve their goals. This goal is an incentive to perform well and do better, and drives a performer to do well.

Plan

* Weakness
* Strength
* Benefits to the team

1. In reference to a skill such as a layup, in basketball, we can compare our performance to a model performer. When a performer is showing the skill we can record it and then later compare it to the video of the model performer. We recorded our performances during gameplay, allowing us to have a permanent record of the data, which then allows us to compare it to our model performer. From the data record we can see that I, as a performer, am unsuccessful in performing the skill (lay-up) in the correct way. A model performer extends their arm far above their head and gently release the ball, allowing it bounce off the backboard and drop into the basket. Whereas, when I am performing the skill, my arm doesn’t always reach above my head, and my release is too hard when I try to compensate for this. Due to the hard release, the ball does not always drop into the basket, instead bouncing too hard off of the backboard and the floor.

A model performer also takes two steps before performing the skill which I also do. This allows me to take the necessary number of steps in order to get the height needed in order to reach further towards the basket. By learning to perform this skill correctly it would benefit my team and I during gameplay. If I could copy the movements of a model performer, I could learn the skill correctly.