Social Factor

Recording, Monitoring and Evaluating

1a) Explain in detail, why it is important to monitor and evaluate performance development.

Monitoring and recording progress allows a team/performer to identify which areas of their performance needs the most attention. For example, after a poor performance feedback from the coach will help the team identify their downfall. If communication in a team is a weak area the team’s training programme can then be adapted in order to improve this area. A training diary provides a permanent record of progress that has been made throughout the training sessions. This can include coach feedback and how each individual in the team feels about their recent performance. If a team member does not feel comfortable in the team this can be addressed in the team diary which allows the group to discuss the issue and change their training so each member is happy. A retest of a team sport questionnaire allows the team to compare the data they gathered at the start of the session and towards the end of a 5 week programme. This allows the team to identify if and when the performance goals have been met.