MATCH ANALYSIS SHEET

Watch the game or video action to help analyse how consistently you perform throughout the game.

Mark each box with a **tick** for **effective** play or a **cross** for less **effective**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Half | Time (mins) | Control | Passing | Dribbling | Tackling | Heading | Shooting | Beating opposition to ball | Accelerating away from opposition  | Keeping up with play |
| 1st | 0-5 |  |  |  |  |  |  |  |  |  |
| 1st | 5-10 |  |  |  |  |  |  |  |  |  |
| 1st | 10-15 |  |  |  |  |  |  |  |  |  |
| 1st | 15-20 |  |  |  |  |  |  |  |  |  |
| 1st | 20-25 |  |  |  |  |  |  |  |  |  |
| 1st | 25-30 |  |  |  |  |  |  |  |  |  |
| 1st | 30-35 |  |  |  |  |  |  |  |  |  |
| 1st | 35-40 |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Half | Time (mins) | Control | Passing | Dribbling | Tackling | Heading | Shooting | Beating opposition to ball | Accelerating away from opposition  | Keeping up with play |
| 2nd  | 0-5 |  |  |  |  |  |  |  |  |  |
| 2nd | 5-10 |  |  |  |  |  |  |  |  |  |
| 2nd | 10-15 |  |  |  |  |  |  |  |  |  |
| 2nd | 15-20 |  |  |  |  |  |  |  |  |  |
| 2nd | 20-25 |  |  |  |  |  |  |  |  |  |
| 2nd | 25-30 |  |  |  |  |  |  |  |  |  |
| 2nd | 30-35 |  |  |  |  |  |  |  |  |  |
| 2nd  | 35-40 |  |  |  |  |  |  |  |  |  |

Analyse your data and compare you first and second half performance.

What does the data tell you?