HIGHER N6

In reviewing my Initial Data (Obs. Schedule) the following areas showed up as strengths in my performance:

(this may be for the first half or three quarters of the game so state the time periods that it applies to.)

Physical Factors: Can be Fitness, Skill and Tactics
Mental Factors: (concentration, decision making, visualisation)
Social/ Emotional Factors: (communication, teamwork, motivation, anxiety, level of arousal, determination)

In reviewing my Initial Data (Obs. Schedule) and my Focused Data (Fitness Tests) the following areas showed up as **weaknesses** in my performance.

Physical Factors:

Performance Evaluation: As a result of the above, the overall effect that it had on my performance was:

 Targets I have set for improvement are:

 1]

 2]

 3]

BADMINTON

TRAINING DIARY

Week One	Time: 10 mins	Targets:	Focus of devt.:	Approach: Shadow drill
Warm up:	Shadow Drills	Technique Devt.	Groove movement	
	1,2,3.	HR into T.Z.	patterns -get in TZ	
	Time: 10 mins.	Targets:	Focus of devt.	Approach:Interval training
Drill One	Net shot to shadow	W:30s R:90s	SE & Agility	
	clear B/court	x 5 sets	HR 85%+ Red zone	
	Time: 10 mins.	Targets:	Focus of devt.	Approach: Repetition drill
Drill Two	O/Clear Rallies	Shuttle to B/trams	CRE = 70-85% TZ	
	5 x 2 mins.	Shape of the shot	Amber to green	
	Time: 10x2 mins.	Targets:	Focus of devt.	Approach: Interval
Drill Three	Feed for O/Clear	W:30s R:90s	SE & Agility	
	shadow net shot	x 5 sets	HR 85%+ Red zone	
	Time: 10x2mins	Targets:	Focus of devt.	Approach: pre conditioned Rally
Drill Four	H/Clear/Drop/Lift	Continuous Rally	CRE = 70-85% TZ	
	Rally 5x2mins.	Shuttle placement	Amber to green	
cong. Game	Time: 4x5 mins Serve/Clear/Clear/	Targets:	Focus of devt. Hign tempo games	Approach: Cond. Game
	Rally on.	extended rallies	HR Green to Red	
Warm Down				Τ
Evaluation				
				Time: 70 mins.

MENTAL		LEVE	L of AROU	<u>SAL</u> Mate	ch Play Week 1:					
Name: Scores:/ poor					/ ////					
	1	2		4	5					
How did you feel before your games? Confident, determined, positive, nervous, complacent, negative How did you play at the start of the game? With a positive/negative style of play/ with confidence Did your attitude to the game change in any way as the game developed? When and why? How did you feel after the match?										
JUSTIFICATION: The reasons that	l awarded r	myself a	were as fo	ollows						

SESSION SUM	HEART RA	TE READI	NGS					
Average	Max.	Calorie Time in Zones						
%	%	Burn	1	2	3	4	5	

Week Two	Time: 10 mins	Targets:	Focus of devt.:	Approach: Shadow drill
Warm Up	Shadow Drills	Technique Devt.	Groove movement	
-	1,2,3.	HR into T.Z.	patterns -get in TZ	
	Time: 10 mins.	Targets:	Focus of devt.	Approach:Interval training
Drill One	Net shot to sh. clear	W:30s R:90s x 5	SE & Agility	
	R&L feed net shot	return to base	HR 85%+ Red zone	
	Time: 10 mins.	Targets:	Focus of devt.	Approach: Repetition drill
Drill Two	O/Clear Rallies	Shuttle to B/trams	CRE = 70-85% TZ	
	5 x 2 mins.	Shape of the shot	Amber to green	
	Time: 10x2 mins.	Targets:	Focus of devt.	Approach: Interval
Drill Three	Feed for O/Clear	W:30s R:90s x 5	SE & Agility	
	sh. net shot R&L	return to base	HR 85%+ Red zone	
	Time: 10x2mins	Targets:	Focus of devt.	Approach: pre conditioned Rally
Drill Four	H/Clear/Drop/Lift	Continuous Rally	CRE = 70-85% TZ	
	Rally 5x2mins.	Shuttle placement	Amber to green	
	Time: 4x5 mins	Targets:	Focus of devt.	Approach: Cond. Game
Cond. Game	Serve/Clear/Clear/	1st 3 shots exec.	High tempo games	
	Rally on.	extended rallies	HR Green to Red	
Warm Down				
- 1				
Evaluation				
				Time: 70 mins.
MENTAL		LEVEL of A		Week 2:
			INDUSAL Matchinay	Week 2
Name:	Scores:/ /	//	Opponents:/	///
	1	2 3	4 5	
How did you fe	eel before your games?	Confident, determined	l, positive, nervous, con	nplacent, negative
How did you p	lay at the start of the ga	me? With a positive/n	egative style of play/ wi	th confidence
Did your attitu	de to the game change i	n any way as the game	e developed? When and	d why?
How did vou fe	eel after the match?			

SESSION SUM		HEART RA	TE READII	NGS			
Average	Max.	Calorie	Time in Zones				
%	%	Burn	1	2	3	4	5

Week Three	Time: 10 mins	Targets:	Focus of devt.:	Approach: Shadow drill
Warm Up	Shadow Drills	Technique Devt.	Groove movement	
	1,2,3.	HR into T.Z.	patterns -get in TZ	
	Time: 10.25min	Targets:	Focus of devt.	Approach:Interval training
Drill One	Net shot to drop shot	W:35s R:90s x 5	SE & Agility	P.O -work for 5 secs longer
	R&L feed net shot	return to base	HR 85%+ Red zone	More demanding drill
	Time: 12.30mins	Targets:	Focus of devt.	Approach: Repetition drill
Drill Two	O/Clear Rallies	Shuttle to B/trams	<i>C</i> RE = 70-85% TZ	P.O -work for 30 secs longer
	Rally 5 x 150secs	Shape of the shot	Amber to green	
	Time: 10.25min	Targets:	Focus of devt.	Approach: Interval
Drill Three	Feed for O/Clear +	W:35s R:90s x 5	SE & Agility	P.O -work for 5 secs longer
	kill shot R&L	return to base	HR 85%+ Red zone	More demanding drill
	Time: 12.30mins	Targets:	Focus of devt.	Approach: pre conditioned Rally
Drill Four	Drop/net/lift	Continuous Rally	<i>C</i> RE = 70-85% TZ	P.O -work for 30 secs longer
	Rally 5 x 150secs	Shuttle placement	Amber to green	
	Time: 4x5 mins	Targets:	Focus of devt.	Approach: Cond. Game
Cond. Game	Serve/Clear/Clear/	1st 3 shots exec.	High tempo games	
	rally on.	extended rallies	HR Green to Red	
Warm Down				
Evaluation				
				Time: 75:50 mins.
MENTAL		LEVEL of A		Week 2:
WENTAL		LEVEL UI A	RUUSAL IVIALCII FIAY	Week 2:
Name:	Scores:/ /	//	Opponents:/	///
u	1	2 3		

How did you feel before your games? Confident, determined, positive, nervous, complacent, negative How did you play at the start of the game? With a positive/negative style of play/ with confidence Did your attitude to the game change in any way as the game developed? When and why? How did you feel after the match?

JUSTIFICATION: The reasons that I awarded myself a were as follows.....

SESSION SUM	HEART RA	TE READI	NGS				
Average Max. Calorie				Tin	ne in Zones		
%	%	Burn	1	2	3	4	5

Week Four	Time: 10 mins	Targets:	Focus of devt.:	Approach: Shadow drill
Warm Up	Shadow Drills	Technique Devt.	Groove movement	
	1,2,3.	HR into T.Z.	patterns -get in TZ	
	Time: 10.25min	-	Focus of devt.	Approach:Interval training
Drill One	Net shot to smash	W:35s R:90s x 5	SE & Agility	P.O-More demanding drill
	R&L feed net shot	return to base	HR 85%+ Red zone	
	Time: 12.30mins	Targets:	Focus of devt.	Approach: Repetition drill
Drill Two	O/Clear Rallies	Shuttle to B/trams	CRE = 70-85% TZ	
	Rally 5 x 150secs	Shape of the shot	Amber to green	
	Time: 10.25min	Targets:	Focus of devt.	Approach: Interval
Drill Three	Feed for O/Clear +	W:35s R:90s x 5	SE & Agility	
	lift R&L	return to base	HR 85%+ Red zone	
	Time: 12.30mins	Targets:	Focus of devt.	Approach: pre conditioned Rally
Drill Four	Drop/net/lift	Continuous Rally	<i>C</i> RE = 70-85% TZ	
	Rally 5 x 150secs	Shuttle placement	Amber to green	
	Time: 4x5 mins	Targets:	Focus of devt.	Approach: Cond. Game
Cond. Game	Low serve/net shot	1st 3 shots exec.	High tempo games	P.O-variation on condition
	rally on.	extended rallies	HR Green to Red	
Warm Down				
Evaluation				
				Time: 75:50 mins.

MENTAL		LEVEL of	AROUSAL	Match F	Play Week 2:	
Name:/	//		Oppone	nts:/		
	1	2	3	4	5	
How did you feel before your games How did you play at the start of the Did your attitude to the game chang How did you feel after the match?	game? With	a positive/	negative st	yle of play	/ with confidence	ve
JUSTIFICATION: The reasons that I av	warded myse	elf a wer	re as follow	/S		

SESSION SUMM	<i>I</i> IARY		HEART RA	TE READI	NGS			
Average	Max.	Calorie	e Time in Zones					
%	%	Burn	1	2	3	4	5	

	MID TRAINING E	/ALUATION		
Physical Aspects of Performance:				
As a result of my	score improving from _	to	this means	
As a result of my	Test score improving f	rom to	this means	3
As a result of my				
Social & Emotional Factors of Perfor				
As a result of my LEVEL of AROUSA	L improving from this r	means		
Mental Factors of Performance:	~ ·····			
As a result of my DECISION MAKING	G improving from	to	l feel that	
			<u></u>	·····
Overall Evaluation after 4 weeks:				
Targets Set for Weeks 5-8:	1]			
	·]			
	2]			
	_,			
	3]			
	-			

Week Five	Time: 10 mins	Targets:	Focus of devt.:	Approach: Shadow drill
Warm Up	Shadow Drills	Technique Devt.	Groove movement	
	1,2,3.	HR into T.Z.	patterns -get in TZ	
	Time: 10.50mins	Targets:	Focus of devt.	Approach:Interval training
Drill One	Net/net to react to	W:40s R:90s x 5	SE & Agility	P.O-increase work by 5 secs
	feed-clear/smash/drop	return to base	HR 85%+ Red zone	P.O-More demanding drill
	Time: 12.30mins	Targets:	Focus of devt.	Approach: Repetition drill
Drill Two	O/Clear Rallies 2v1(rot.)	Shuttle to B/trams	<i>C</i> RE = 70-85% TZ	P.O-2v1 adds pressure to worker
	Rally 5 x 150secs	Shape of the shot	Amber to green	
	Time: 10.50mins	Targets:	Focus of devt.	Approach: Interval
Drill Three	Feed for Drive +	W:40s R:90s x 5	SE & Agility	P.O-more demanding drill
	tight net shot R&L	return to base	HR 85%+ Red zone	
	Time: 12.30mins	Targets:	Focus of devt.	Approach: pre conditioned Rally
Drill Four	Drop/net/lift 2v1(rot.)	Continuous Rally	<i>C</i> RE = 70-85% TZ	P.O-2v1 adds pressure to worker
	Rally 5 x 150secs	Shuttle placement	Amber to green	
	Time: 4x5 mins	Targets:	Focus of devt.	Approach: Cond. Game
Cond. Game	Pupils decide condition	1st 3 shots exec.	High tempo games	P.O-variation on condition
	based on weakness	extended rallies	HR Green to Red	
Warm Down				
	<u> </u>			
Evaluation				
				Time: 76:40 mins.
·				
<u>MENTAL</u>		<u>LEVEL of A</u>	ROUSAL Match Play	Week 2:
Name	. Scores:/ /	/ /	Opponents:/	1 1 1
				.,,,
	1	2 3	4 5	

How did you feel before your games? Confident, determined, positive, nervous, complacent, negative How did you play at the start of the game? With a positive/negative style of play/ with confidence Did your attitude to the game change in any way as the game developed? When and why? How did you feel after the match?

JUSTIFICATION: The reasons that I awarded myself a were as follows

SESSION SUMM	MARY		HEART RA	TE READI	NGS		
Average	Max.	Calorie	Calorie Time in Zones				
%	%	Burn	1	2	3	4	5

Week Six	Time: 10 mins	Targets:	Focus of devt.:	Approach: Shadow drill
Warm Up	Shadow Drills	Technique Devt.	Groove movement	
-	1,2,3.	HR into T.Z.	patterns -get in TZ	
	Time: 10.50mins	Targets:	Focus of devt.	Approach:Interval training
Drill One	Net/net to react to	W:40s R:90s x 5	SE & Agility	
	feed-clear/smash/drop	return to base	HR 85%+ Red zone	
	Time: 12.30mins	Targets:	Focus of devt.	Approach: Repetition drill
Drill Two	O/Clear Rallies 2v1(rot.)	Shuttle to B/trams	CRE = 70-85% TZ	
	Rally 5 × 150secs	Shape of the shot	Amber to green	
	Time: 10.50mins	Targets:	Focus of devt.	Approach: Interval
Drill Three	Feed for Drive +	W:40s R:90s x 5	SE & Agility	
l	tight net shot R&L	return to base	HR 85%+ Red zone	
	Time: 12.30mins	Targets:	Focus of devt.	Approach: pre conditioned Rally
Drill Four	Drop/net/lift 2v1(rot.)	Continuous Rally	CRE = 70-85% TZ	
l	Rally 5 x 150secs	Shuttle placement	Amber to green	
	Time: 4x5 mins	Targets:	Focus of devt.	Approach: Cond. Game
Cond. Game		1st 3 shots exec.	High tempo games	
	based on weakness	extended rallies	HR Green to Red	
Warm Down				
	T			
Evaluation				
l				Time: 76:40 mins.
<u>MENTAL</u>		<u>LEVEL of A</u>	ROUSAL Match Play	Week 2:
Name:	Scores:/ /	//	Opponents://	///

12345How did you feel before your games?Confident, determined, positive, nervous, complacent, negativeHow did you play at the start of the game?With a positive/negative style of play/ with confidenceDid your attitude to the game change in any way as the game developed?When and why?How did you feel after the match?

JUSTIFICATION: The reasons that I awarded myself a were as follows

SESSION SUM	<i>I</i> ARY		HEART RA	TE READI	NGS		
Average	Max.	Calorie	Calorie Time in Zones				
%	%	Burn	1	2	3	4	5

Week Seven	Time: 10 mins	Targets:	Focus of devt.:	Approach: Shadow drill
Warm Up	Shadow Drills	Technique Devt.	Groove movement	'
· · · · ·	1,2,3.	HR into T.Z.	patterns -get in TZ	
	Time: 10:25mins	Targets:	Focus of devt.	Approach:Interval training
Drill One	2xkill s.,react to high	W:45s R:80s x 5	SE & Agility	P.O-decreased work by 5 secs
	feed-clear/smash/drop	return to base	HR 85%+ Red zone	
	Time: 15 mins.	Targets:	Focus of devt.	Approach: Repetition drill
Drill Two	O/Clear Rallies 2v1(rot.)	Shuttle to B/trams	<i>C</i> RE = 70-85% TZ	P.O-increase work by 30 secs
	2nd shot B/h 5 x 3m40s	Shape of the shot	Amber to green	
	Time: 10:25mins	Targets:	Focus of devt.	Approach: Interval
Drill Three	High feed-cl/dr/smreact	W:45s R:80s x 5	SE & Agility	P.O-decreased work by 5 secs
		return to base	HR 85%+ Red zone	l
	Time: 15 mins.	Targets:	Focus of devt.	Approach: pre conditioned Rally
Drill Four	Drop/net/lift 2v1(rot.)	Continuous Rally	<i>C</i> RE = 70-85% TZ	P.O-increase work by 30 secs
l	BH lift net 5 x 3m40s	Shuttle placement	Amber to green	
	Time: 4x5 mins	Targets:	Focus of devt.	Approach: Cond. Game
Cond. Game	Pupils decide cond.	1st 3 shots exec.	High tempo games	
	based on weakness	extended rallies	HR Green to Red	
Warm Down				
	†			
Evaluation				
				Time: 80:50 mins.
				W1. n .
<u>MENTAL</u>		<u>LEVEL of A</u>	KUUSAL IVIALUI Play	v Week 2:
Name:	Scores:/ /	//	Opponents:/	///
	1	. 2 3	3 4 5	:
How did vou fe	eel before your games?			
	lay at the start of the gar			

Did your attitude to the game change in any way as the game developed? When and why? How did you feel after the match?

JUSTIFICATION: The reasons that I awarded myself a were as follows

SESSION SUM	MARY		HEART RA	TE READI	NGS		
Average	Max.	Calorie		Tin	ne in Zones		
%	%	Burn	1	2	3	4	5

Week Eight	Time: 10 mins	Targets:	Focus of devt.:	Approach: Shadow drill
Warm Up	Shadow Drills	Technique Devt.	Groove movement	
•	1,2,3.	HR into T.Z.	patterns -get in TZ	1
	Time: 10:25mins	a Targets:	Focus of devt.	Approach:Interval training
Drill One	Pupils decide on drill	W:45s R:80s x 5	SE & Agility	1
	based on weaknesses	return to base	HR 85%+ Red zone	
	Time: 15 mins.	Targets:	Focus of devt.	Approach: Repetition drill
Drill Two	Pupils decide on drill	Shuttle to B/trams	<i>C</i> RE = 70-85% TZ	
	based on weaknesses	Shape of the shot	Amber to green	
	Time: 10:25mins	s Targets:	Focus of devt.	Approach: Interval
Drill Three	Pupils decide on drill	W:45s R:80s x 5	SE & Agility	1
	based on weaknesses	return to base	HR 85%+ Red zone	
	Time: 15 mins.	Targets:	Focus of devt.	Approach: pre conditioned Rally
Drill Four	Pupils decide on drill	Continuous Rally	CRE = 70-85% TZ	1
	based on weaknesses	Shuttle placement	Amber to green	
	Time: 4x5 mins	Targets:	Focus of devt.	Approach: Cond. Game
Cond. Game	Pupils decide condition	1st 3 shots exec.	High tempo games	
	based on weaknesses	extended rallies	HR Green to Red	
Warm Down				
Evaluation				
				Time: 80:50 mins.
· · · · · · · · · · ·				···· • • •
MENTAL		<u>LEVEL of A</u>	<u>ROUSAL</u> Match Play	Week 2:
Name:	Scores:/ /	//	Opponents:/	///
	1	L 2 3	4 5	J
How did you fee	I before your games?	-	l, positive, nervous, com	aplacent, negative
-			egative style of play/ wit	
	•	•	0, , , ,	
	e to the game change i	in any way as the game	e developed? When and	d why?

JUSTIFICATION: The reasons that I awarded myself a were as follows

SESSION SUMM	HEART RA	TE READI	NGS				
Average	Max.	Calorie	orie Time in Zones				
%	%	Burn	1	2	3	4	5

	END TRAINING EVAL	UATION		
Physical Aspects of Performance:				
As a result of my	. score improving from	to	this means	
Ş		<u> </u>		····
As a result of my	. Test score improving from	to	this mear	ns
	· · · · · · · · · · · · · · · · · · ·			
As a result of my	impro	ovina from	to	this means
	·····			
Social & Emotional Factors of Perfo	rmance.			
As a result of my LEVEL of AROUS		ns		
Mental Factors of Performance:				
As a result of my DECISION MAKIN	IG improving from	to	I feel that	
•••••	••••••			
Overall Evaluation after 8 weeks:				
FUTURE DEVELOPMENT NEEDS				
1]				
.1				
2]				
3]				
۲				

FITNESS TEST RESULTS

Focused Level of Data

Physical Fitness Aspects: Cardiorespiratory endurance

	(10

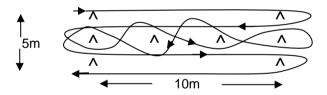
20metres

6 x Sprints - 60s rest

Speed End. Runs	Pre	Mid	End
1st Sprint			
2nd Sprint			
3rd Sprint			
4th Sprint			
5th Sprint			
6th Sprint			

Physical Fitness: Agility

Illinois Agility Run	Pre	Mid	End
Best Time			
Norms Rating			



Aspect	Targets for	Mid	End	Evaluation
	Improvement	Training	Training	
Physical: 1]				
2]				
3]				
Mental: 4]				
Emotional 5]				
Social 6]				