

## Unit 2 Assignment B: Technical and Tactical Demands

### Checklist and Knowledge Organiser

<b>Success Criteria</b>	<b>Evidence Required</b>	<b>Included?</b>
2B.P4	Definition of physical fitness	
2B.P4	Definition of six components of fitness (flexibility, muscular strength, aerobic endurance, muscular endurance, speed, body composition)	
2B.P4	Applied 6 components of fitness to <u>rounders</u> -Why would a rounders player need this? -How would it help their performance -Include sporting examples	
2B.P4	Applied 6 components of fitness to <u>football</u> -Why would a rounders player need this? -How would it help their performance -Include sporting examples	
2B.P4	Definition of a skill	
2B.P4	Definition of the 3 types of skills and sporting examples (discrete, serial, continuous)	
2B.P4	Discuss the 5 different skills needed in rounders -Explain what the skill is (batting, bowling, throwing, catching, running) -Why are they needed in rounders? -How would they help their performance	
2B.P4	Discuss the different skills needed in football -Explain what the skill is (passing, dribbling, shooting, heading, tackling, running) -Why are they needed in football? -How would they help their performance	
2B.P4	Definition of a technique	
2B.P4	Discuss the different techniques needed in <u>rounders</u> -Explain what the technique is (forehand, backhand, donkey drop, spin, overhead, underarm, high, low, running) -Provide your 3 teaching points on how to perform the different techniques	
2B.P4	Discuss the different techniques needed in <u>football</u> -Explain what the technique is (short, lob, dribbling, laces, volley, attacking, defending, standing, slide, running) -Provide your 3 teaching points on how to perform the different techniques	
2B.P4	Definition of a tactic	
2B.P4	State the different types of tactics -Explain what the different tactics mean (decision making, attacking and defending, variation, use of space, conditions)	
2B.P4	Apply the different tactics that could be used in <u>rounders</u> -Explain each tactic and how it would be used in rounders - How could it help to improve performance	
2B.P4	Apply the different tactics that could be used in <u>football</u> -Explain each tactic and how it would be used in football -How could it help to improve performance	
	Include Images throughout	

What is Physical Fitness?

The quality of being able to meet the demands of your environment to fulfil a particular role or task

Components of Fitness:

These are areas of fitness that are needed to be able to produce an all-round good performance

Aerobic Endurance - These are areas of fitness that are needed to be able to produce an all-round good performance

Flexibility - an adequate range of motion in all joints of the body; the ability to move a joint fluidly through its complete range of movement

Muscular Strength - the maximum force (in kg or N) that can be generated by a muscle or muscle group

Muscular Endurance - the ability of the muscular system to work efficiently, where a muscle can continue contracting over a period of time against a light to moderate fixed resistance load

Speed - distance divided by the time taken. Speed is measured in metres per second (m/s)

Body Composition - the relative ratio of fat mass to fat-free mass (vital organs, muscle, bone) in the body

What is a skill?

A skill is a learned ability to do something well with expertise, an example is batting in rounders. There are different types:

Discrete – is a skill with a clear start and finish, an example is a short pass in football

Serial - is a skill that is made up of a series of discrete skills to make a sequence, an example is gymnastics tumble (running, round off, back flip, somersault)

Continuous – is a skill that does not have a clear start or finish, an example of this is dribbling and running in football

What is a technique?

This is the way in which a skill is performed, there are different ways one skill can be performed, for example a pass in football could be a short pass, long pass or lob pass – these are the different techniques.

What is a teaching point?

This is a short statement to explain how to break the technique down and perform it. It is used to help teach people how to learn and perform a skill. For example:

Underarm throw in rounders:

Teaching point 1 - Stand with your feet together and step forward into the throw

Teaching point 2 - Have your non-throwing hand up to aim

Teaching point 3 - Swing the throwing arm forwards to be level with the non-throwing arm and release

What is a tactic?

This is a plan or strategy that can be used to help improve performance and win. Things to consider:

Decision Making – make the correct decisions or plans on how to play – when passing to the striker in football use a lob pass

Attacking and Defending – how you can separate your team to focus on areas of play – counterattack is drawing the defence of the opposition into your third of the pitch, steal the ball and launch your attack and committing more players to an unprotected area

Variation – vary your plans so that you don't become predictable – in rounders batting always to the right and then suddenly change direction and bat to the left

Use of Space – create space will provide the team with a tactical advantage over their opponents – in football using formations such as 4-4-2

Conditions – use different plans based on the conditions of the weather, ground, time of day to your advantage – rounders using a donkey drop bowl if the sun is in the eyes of the batter