

Unit 2 Assignment B: Technical and Tactical Demands

Checklist and Knowledge Organiser

Success Criteria	Evidence Required	Included?
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