A2 Coursework Advice

For all 3 sections of the coursework there are examples on our Weebly website (www.stjohnspe.weebly.com). Use these for guidance.

Section A

**Task: create a video of examples of your performance of the core skills (from the spec) being performed in a game situation).**

* The opposition must be of a suitable standard if you wish to achieve top marks. It is very hard to demonstrate that you are of a very high standard against low level opponents.
* Make sure that your clips (if you have broken your footage down into clips) are each of sufficient length that they show the build up and result of the skill that you have isolated (don’t just focus entirely on you as it will not give a full picture of how your skill relates to the full game).
* All footage must be from a competitive situation (unlike your AS coursework which was in a training situation).
* Make sure that the footage is as clear as possible (something like a number on your back or different coloured socks can be useful in highlighting who you are).
* You will be assessed on your attacking, defending and strategic skills so make sure that you have a good amount of footage of each of these (if possible).
* Every year students struggle to get their footage done because they leave it too late and then cannot collect any footage due to injury, frozen pitches etc. Don’t let this be you!

Sections B & C

* The key factor highlighted by the moderator was that there needs to be very clear links throughout each skill. Constantly make sure that you relate B1 to C1 and C2.

Section B

B2

**Task: Analyse the technique of an elite performer of 2 attacking, 2 defensive and 2 tactical skills.**

* The analysis of the perfect model for performing your chosen skill and linked to an appropriate elite performer.
* Purely copying technical information from a website or coaching manual will at best score 2/3 (out of 5). To get higher marks you must link it to your chosen elite performer and preferably to a specific occasion (E.g. Fabregas free kick v Man U Oct 12th 2008). Everything must be put into your own words here.
* You must say why the technical information you are giving is important for performance. E.g. it is important he flexes his knees during the execution because…… After each point that you write make sure you have answered WHY it is important. Just describing the correct technique without saying why it is essential to perform the skill in this way will only gain low marks.
* Each B2 for your 6 skills is marked out of 5. To gain full marks in each section you must discuss at least 5 aspects of the skill clearly explaining: the technique that the elite performer uses, why this technique is correct/advantageous and how this benefits them in a game situation. It is generally easiest to divide this into preparation, execution and recovery for each skill.

B1

**Task: Analyse the weaknesses of your performance of each skill in comparison to the elite performer.**

* This is you highlighting your weaknesses compared to the perfect model (and elite performer). This will be quite repetitive (don’t worry about that). Describe your performance of the skill and constantly relate it back to the perfect model and state WHY your technique is a disadvantage and why the elite performers’ technique is an advantage. Always link to a competitive situation.
* Remember that you can say anything is a weakness for you. No one can prove that it isn’t and this will in no way affect your practical score. Every aspect of your performance is likely to be weak in comparison to a very elite performer.
* Each B1 for your 6 skills is marked out of 5. To gain full marks in each section you must discuss at least 5 aspects of the skill clearly explaining: how you perform a particular aspect of the technique, how this differs from the elite performer (referring back to B2), why your technique puts you at a disadvantage, how this affects you/your team in a game situation.

Section C

* This is where you include all of your theory knowledge. You must constantly link this back to your performance of the skill and how it can be improved. Don’t just copy bits from the textbook. It all must relate to your situation.
* Just pick one cause (C1) and one corrective measure (C2).

C1

**Task: Using your knowledge from the theoretical aspect of the course discuss the one main cause of your performance of the skill being weaker than that of the elite performer.**

* You can choose more than one component of fitness (i.e. use power for one of your skills then speed for another). But you can’t use the same cause twice (i.e. lack of confidence for two of your skills).
* Again, each section here is marked out of 5 so you must have at least 5 fully explained points.
* Remember that this must link clearly back to B1. It must be a cause that has been clearly highlighted in B1.

C2

**Task: Using your knowledge from the theoretical aspect of the course discuss a corrective measure for the weakness highlighted in C1.**

* What are you using for your corrective measure? How will it work? Why will it work? How will that impact on your performance (and that of the team, if appropriate) in a competitive situation?
* Remember that this must link clearly to C1. It must be an obvious way of correcting the aspect that you have highlighted as the cause.
* Again, each section here is marked out of 5 so you must have at least 5 fully explained points.

As a very rough guide each section of your coursework is likely to be around one A4 page of typed text long. This means that the entire coursework will be around 24 pages. You should include pictures when possible to illustrate your descriptions and this may well increase the page count.

Good luck!