A2 Coursework Initial Task

* Write a list of all the skills in your sport – making sure that you have at least two attacking, two defensive and two tactical skills.
* Choose the six skills that you are going to focus on (pick ones that you think you can say a decent amount about).
* For each one list everything in the ‘perfect model.’ (B2). Use your own knowledge and websites etc.
* List all of your weaknesses (compared to the perfect model). This will be very repetitive to the bit before (just the opposite). Remember that compared to an elite performer you are likely to be weak (relatively) in pretty much every aspect.
* Begin to write up section B2 in full sentences for each of the skills that you have identified (look at the example that you have been given).