

NCFE SPORT: YEAR 1 PRO-DIRECT ACADEMY

PRO:DIRECT
ACADEMY

TECHNICAL AND TACTICAL SKILLS IN SPORT



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TASK 1



Scenario.....

You must explain the **technical** and **tactical** demands of contrasting sports. The technical skills should be based around continuous, serial and discrete skills within the chosen sports. You must describe the skills that are used and how they differ from the contrasting sports that they have chosen. The tactics must relate to, for example, choice of shot, pass, positions and use of space or formations.



Task 1

YOU MUST EXPLAIN THE **TECHNICAL** DEMANDS OF **THREE** CONTRASTING SPORTS. PLEASE PROVIDE EXAMPLES OF.....

DISCRETE SKILLS

SERIAL SKILLS

CONTINUOUS SKILLS



TASK 1 HELP SHEET!

DISCRETE SKILLS

- HAVE A CLEAR BEGINNING AND END
- HAVE A START AND END POINT
- SHORT TIME FRAME
- BASIC AND COMMON SKILLS IN THE SPORT
- EG PASSING IN FOOTBALL

SERIAL SKILLS

- A COMBINATION OF TWO OR MORE DISCRETE AND CONTINUOUS SKILLS THAT ARE PLACED TOGETHER IN A MORE COMPLEX SEQUENCE
- HIGH DIFFICULTY OR COMPLEX
- EG LAY-UP IN BASKETBALL (RUNNING, JUMPING & SHOT)

CONTINUOUS SKILLS

- NO CLEAR STARTING OR END POINT
- CONTINUOUS RHYTHM
- LONGER TIME FRAME



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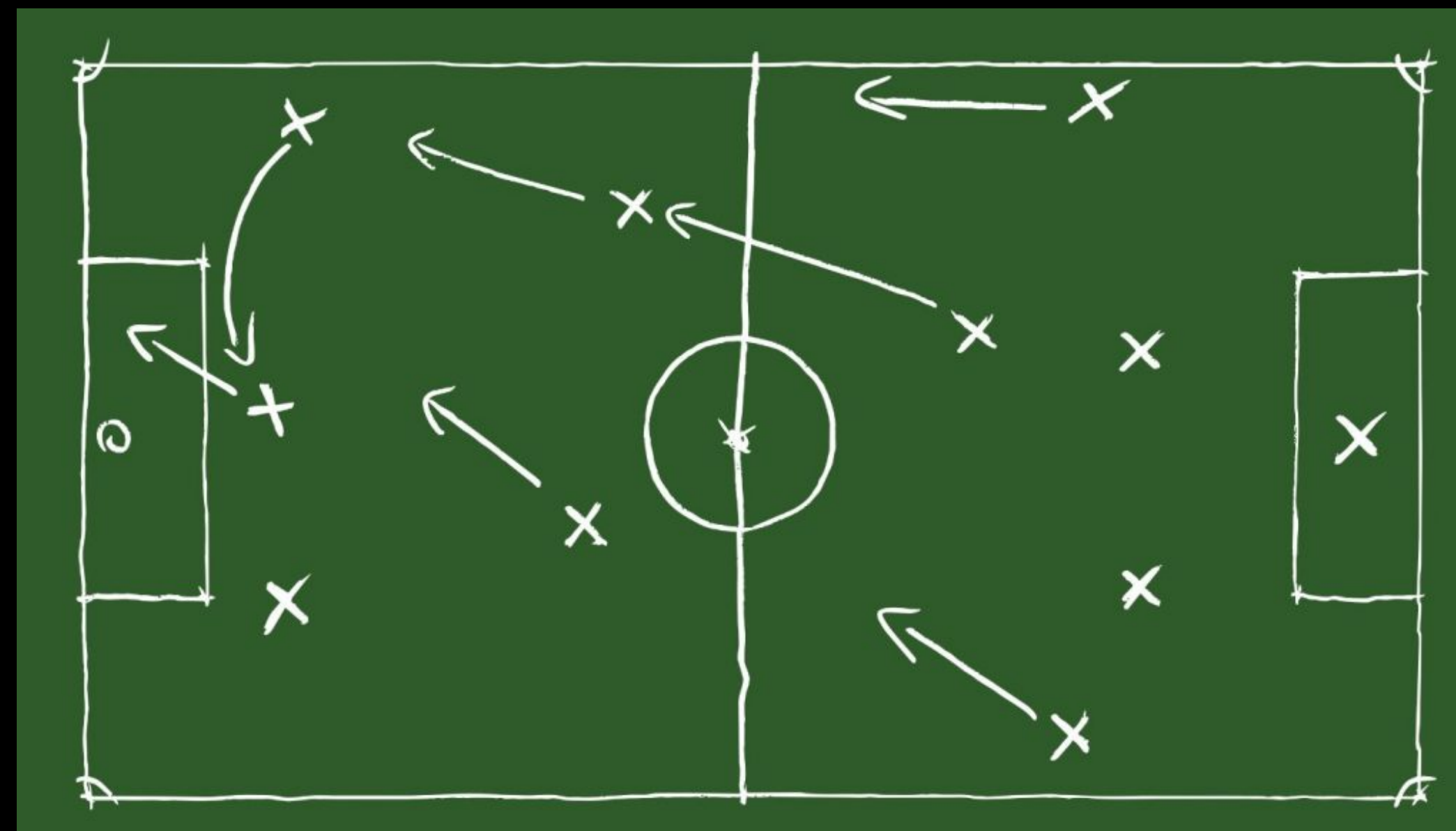
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TASK 2



TASK 2

YOU MUST EXPLAIN THE **TACTICAL** DEMANDS OF **THREE** CONTRASTING SPORTS.



TASK 2 HELP SHEET!

TACTICS WITHIN FOOTBALL

MOVEMENT OFF THE BALL

DIFFERENT TYPES OF FORMATIONS

HIGH PRESS/MID/LOW BLOCK

SETTING PASSING TRAPS

TRIGGERS

COUNTER ATTACKING

COUNTER PRESSING

FALSE 9

DIRECT LONG BALL

CHOOSE AND EXPLAIN 5 DIFFERENT TACTICS FROM THE LIST AND WHAT THE ADVANTAGES AND DISADVANTAGES ARE OF EACH

(YOU NEED TO DO THIS FOR THREE CONTRASTING SPORTS AND THE TACTICS WILL BE DIFFERENT FOR DIFFERENT SPORTS!)

