

Unit 8: Technical Skills and Tactical Awareness for Sport

In my Opinion...

It's your opportunity to give one of your favourite sports stars a bit of advice about their level of technical ability.

Well, ok, you may not get the opportunity to tell them directly *but* you have got the opportunity to **assess** their technical skills by using the table over the page to record what you think are their **strengths** (in column 2) and **weaknesses** (in column 3). Columns 1 and 4 will be useful for you later on in this unit so try and complete them in as much detail as possible.

Watch them over a period of time and in different situations if you can

Two examples are given for you on this page for Steven Gerrard.

Name of sports star **Steven Gerrard**



Situation	Strength	Weakness	Explanation
Gerrard scoring goal in FA Cup final v West Ham	Ball hit with power and accuracy		Gerrard kept the ball down by making sure his head was steady and by keeping his knee over the ball when striking it
Gerrard mis-controlling the ball in game v Derby County		The ball bobbled away giving possession to the opposition	Gerrard's control was poor. The ball rolled under his foot and out of play as he did not get his foot behind the ball

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Name of Rugby Player Learners Name

Situation	Strength	Weakness	Explanation