

Candidate Evidence

1a) – Investigate Performance

Video Game Analysis

I carried out a video analysis of an unofficial 3 v 3 game. Video enabled me to pause and rewind to re-watch footage, ensuring I collected accurate data about my performance. I chose to use this 3 v 3 format because it provided me with a vast amount of quantitative data as I had significantly more opportunities to perform the skills I was analysing (than in a 5 v 5 format) thereby increasing the reliability of my results. This was highly appropriate as it highlighted my strengths and weaknesses in skills that are closely intertwined with the use of power-driven movements. I was also provided with a set of clear-cut results of which I could easily compare with any that I gather in the future, allowing me to see my improvement and letting me know when overloading my programme is necessary. In addition there is a clear distinction between skills that were performed successfully or unsuccessfully; and to increase the validity, I enlisted the help of a team-mate who is more knowledgeable about the sport to decide if I was successful or not when performing these skills.

Performance Wheel

The performance wheel is a method that is easy to complete; it gives me clear visual data that I can quickly analyse to identify my mental strength and weakness.

Standardised Tests

I also carried out multiple standardised tests. The first of these being the vertical jump test. Alongside this I included the max vertical jump test, which incorporates a 15 foot run-up, as it also provided insight into my jumping mechanics. The appropriateness of these tests are undoubtable because they are sport specific and the NBA has used them for many years to effectively evaluate prospects' jumping abilities. The vertical jump test represents rebounding and the max vertical jump test represents elevating for a lay-up. In addition to these jump integral tests, I thought it was necessary to find my squat one rep max; this is because "a strong correlation exists between maximal strength, sprinting, and jumping performance" (Wisloff, 2004). Furthermore, as all of these are standardised tests, I can now compare them to national averages to interpret what my scores show me about my strength and weaknesses.

1b) – Analyse Information

Games Analysis

My first set of results (see appendix 1) displayed that my performance of power driven movements were not majorly poor. While the success rate for the majority of skills were not particularly low, the data did not indicate this area to be a strength either. At first glance of the data, my proficiency in offensive rebounding seems to be lacking – with a success rate of 25%. This may indicate an inability to jump higher than my opponent to grab my, or my teammates' missed shots. From this data alone, however, it is not possible to know for certain if this was the case as my opponents would most likely have better positioning and could have been proficient at boxing out, highly increasing the difficulty of getting the ball. After reviewing the video once more, it was clear to see that although I often had relatively decent positioning for a rebound I was generally beaten to the ball by my opponents, displaying my weakness. Correspondingly, looking at the success rate of my defensive rebounding, it becomes even clearer that rebounding, and therefore jumping from a stationary position, is

definitely a weakness of mine; possessing an efficiency 20% less than my opponents during defensive situations in which I was involved. In terms of rebounding this doesn't matter much as I spend most of my time on the court around the perimeter, but when focusing on shooting this is a huge problem. Being unable to jump high from a stationary position lessens my ability as a spot-up shooter as I need more space to shoot over my defender and my range isn't as long since I struggle to generate power behind my shot; this means the defense doesn't have to defend me closely which congests the area around the basket, thereby increasing the difficulty of driving for my teammates. My efficiency when guarding the ball carrier isn't great as I lack the ability to reduce and increase my speed rapidly in order to react to my opponents changes in direction when attacking the basket. This is very detrimental to my performance as a shooting guard as a role of mine is to defend the perimeter consistently and if I am unable to do this it opens up a multitude of options for the opposition to score. The data wasn't all poor, however, displaying a high efficient on offense – shooting 50% from the field. This could indicate an ability to overcome the defense's contests by rising above and out of the way of their blocks. Although, when considering the data mentioned previously, this efficiency is most likely due to other factors such as a lack of defensive skill from the opposition or an ability to create space by utilizing dribbling combinations, footwork and mis-directions; such as shot fakes or jabs. Once again, upon reviewing the video it could be seen that I gained a lot of opportunities for uncontested shots, which I utilized, by using screens provided by my teammates and jabs to create space – instead of shooting contested shots.

Performance Wheel

My second method of data collection (appendix 2) showed me that overall my mental toughness was not an issue. The weakest of my mental skills, however, was my confidence which scored a rating of 5. This lack of confidence may be due to a lack in athletic ability, which causes me to second-guess my shots as I fear I will miss or be blocked due to my inability to generate enough power behind them. This often means that I hesitate and pass up opportunities for an uncontested shot and therefore miss out on gaining theoretically easy points. Decision making and anxiety scored a rating of 6 and although this isn't necessarily poor, they were still one of my weaker mental skills. This may derive from my absence of confidence which induces a slight panic when in certain game situations. As a shooting guard, I often find myself in one-on-one situations where the need for effective decision making and low anxiety arises. Lacking in these areas will affect my ability to think quickly in order to react to the defense and create a shot for myself. On the other hand, motivation (scoring a rating of 9) and determination (scoring a rating of 8) were very distinctly shown to be my strengths. This strongly indicates an ability to not give up on plays, which is a very valuable mindset to possess as a perimeter defender as I constantly have to fight through screens, pursue my opponent when they cut and close out on the open man.

Standardised Tests

The results of my standardised jumping tests show that I am below average compared to college basketball athletes. I failed to jump higher in my moving vertical jump compared to my standing jump. My poor jumping mechanics when in motion (as viewed in my video game analysis) will affect me when attacking the basket as I won't be able to rise up high off a drive to get my shot off.

My last standardised test was the squat one-rep max which upon completion allowed me to find that my one-rep max was 90kg at a body weight of 65kg. When compared to normative data (appendix 6) it can be seen that I have very poor leg strength as I fall within the mid-range of the novice category. As there is a correlation between vertical jump height and squat one-rep max performance this data clarified further that my power generation is indeed poor. Furthermore, a lack

of strength could prove to be a huge disadvantage throughout both components of the game, offense and defense. I won't be able to absorb contact as well when finishing around the rim, which will make it difficult to use my body to protect the ball from defenders, or when defending an opponent as I won't be able to use my body effectively to cut off drives and get around screens.

2a) – Review Sources

“The ability to exert a maximal force in as short a time as possible¹”

Power is how fast you can exert force. So, for a cyclist – how hard you can push the pedals and how quickly you can do it. www.sciencelearn.org.nz explains that, “The maximum power occurs when the force pushing on the pedals multiplied by the speed of the pedals is greatest”²

Bell says “producing lots of force and overcoming high amounts of torque is critical to going fast off-road”³ Power is particularly needed in areas of the course like corners, where you are accelerating as fast as possible from a slow speed: “MTB XC racing [is] described as a series of sprints out of corners, and it's a huge advantage to be able to lay down a lot of power from a low start speed”⁴

Nino Schurter, the current World and Olympic champion, expands more on the need for power, “...[it is needed] to get up steep climbs but especially also at the start to get to the front right from the beginning”⁵ The start also needs high power as you are accelerating from a stationary position and trying to win the sprint into the first technical section of the course so that slower riders do not hold you up⁶.

Approaches to improving your power can be split into two main groups – on the bike and off the bike methods. Deadlifting is an off the bike method and is described by www.redbull.com as an effective method: “activating your legs, back and core muscles – this simple compound exercise will develop your overall muscle strength, increasing power and supporting the key movements required to make you an efficient and fast rider”. The website also discusses the benefits of squatting. Squatting will help to improve power as it uses all the main leg muscles and you can move a lot of weight in this exercise making it very effective at building muscle. Squatting is “potentially the most important exercise a cyclist can do. The squat uses the quads, hamstrings, hips and knees, increasing flexibility and athletic movement”⁷.

Core strength is important on a bike as a strong core is needed to hold the body stable and to allow the legs to produce high amounts of power, “a strong core will also aid cycling efficiency. Without one, stability on the saddle and the lumbar/pelvic position on the bike will suffer, resulting in excessive side-to-side movement...the moment we start to sway from side to side...we lose power in our legs in order to combat the rocking”⁸.

¹ <https://www.topendsports.com/fitness/power.htm>

² <https://www.sciencelearn.org.nz/resources/1348-pedal-power>

³ <https://www.tombell.co/mtb-training-tips/>

⁴ <https://www.tombell.co/mtb-training-tips/>

⁵ <https://fascatcoaching.com/tips/mountain-bike-power/>

⁶ <https://youtube.com/watch?v=xW-nWnI5hYk>

⁷ <https://redbull.com/gb-en/cycling-strength-exercises-gym>

⁸ <https://www.cyclingweekly.com/fitness/training/strong-to-the-core-31235>

Core exercises are used in Nino Schurter's specially designed circuit⁹ which consists of 17 exercises completed in a 20 second on and off ratio. The rest is a period of active recovery spent juggling on a balance board further developing core stability. Schurter says that active recovery is used because in a race the only time you get to recover is during descents where you still need to concentrate to avoid crashing. This workout helps to improve his core strength and allows him to put more power down when he races. All the exercises are designed to be specific to mountain biking making them of greater benefit to his performance, as they use the same muscles as when cycling.

Plyometrics is another type of exercise which can be used to build power according to www.breakingmuscle.com: "*plyometric exercises are the key to increasing your power*"¹⁰. A description of plyometrics is given by www.scienceforsport.com, "*plyometric training involves...jumps, hops, bounds, and/or skips*"¹¹ In particular, this form of training helps to build explosive power as it involves short, fast movements.

Short uses plyometrics in her training to improve power, "*I do box jumps in both my sessions and I think they have improved my start line sprint massively*"¹² Another professional mountain biker, Reece Wilson, uses plyometrics: "*for power stuff, I do box jumps with and without dumbbells*"¹³ Redbull discuss plyometrics, in particular the box jump, "*[it] will make you a stronger and more powerful cyclist. Training the fast-twitch muscles needed for sprinting, box jumps are ideal if you're looking to add sharp bursts of speed into your repertoire*"¹⁴

Methods of increasing power when training within the activity are known as "on the bike efforts". One of the main 'efforts' are 'over geared efforts', which are described as "*Standing start efforts in as big a gear as you can manage and accelerate until you hit normal riding cadence*"¹⁵ These put a lot of strain on your muscles helping to build your maximum power by increasing your strength which is a component of power. www.trainright.com agrees with the effectiveness of this method and suggests you do, "*Standing starts in as big a gear as you can manage, accelerate for 20 seconds or until you spin out*"¹⁶

Power is the combination of the maximum force you can push against and how fast you can turn the pedals (cadence). Therefore, increasing cadence should improve power, "*The higher your cadence, in a specific gear combination, the greater your power output*"¹⁷ A method of doing this is by completing cadence intervals, "*Every 5 minutes, do a 105 to 120 rpm high-cadence spin-up for 30 to 45 seconds*"¹⁸ This helps to improve the maximum cadence which you can hold, increasing maximum power.

2b) - Analyse the findings from the review of sources to create a Personal Development

⁹ <https://fascatcoaching.com/tips/ninos-circuit-training/>

¹⁰ <https://breakingmuscle.com/fitness/7-plyometric-exercises-to-build-power-quickly>

¹¹ <https://www.scienceforsport.com/plyometric-training/>

¹² Isla Short 8/11/2018 (Appendix F)

¹³ Reece Wilson 8/11/2018 (Appendix G)

¹⁴ <https://www.redbull.com/gb-en/cycling-strength-exercises-gym>

¹⁵ <https://www.cyclingweekly.com/fitness/training/build-your-cycling-strength-with-big-gear-efforts-162647>

¹⁶ <https://www.trainright.com/3-powerful-sprint-workouts-every-cyclist-should-include-in-their-training/>

¹⁷ <https://www.trainingpeaks.com/blog/3-high-cadence-cycling-workouts-base-training/>

¹⁸ <https://www.trainingpeaks.com/blog/3-high-cadence-cycling-workouts-base-training/>

Bell has given me a greater understanding of the impact of power when accelerating out of corners; travelling up steep climbs; and also at the start of the race to get a good position into the first narrow part of the course, preventing being held up by slower riders. This was agreed by both Fastcat coaching¹⁹ and Schurter²⁰. This highlights the importance of power to race success and how improving it will help me to gain time and distance on my competitors at the start and after every corner or climb. This adds up to a significant amount of time over the course of a race.

Redbull²¹, Enduro²² and Short²³ agree that squats, done in the gym setting, help to build power. Squats are specific to the muscles used to produce power in cycling and help to stabilise the main joints of the legs, enabling more power output. I agree that squats sound like an effective method to build maximum power so these will be an exercise I will use going forward. All the equipment required is available at school so this method can be easily adopted into my training programme.

The deadlift was also discussed at Redbull²⁴ as an effective method for building power. Like the squat, it is also an exercise that I can easily do in the school gym. A major benefit is that deadlifts are specific to the muscles used in cycling, so this will therefore be an exercise which I will incorporate into training. Deadlifts build strength more than power, and will therefore mainly improve my ability to travel up hills because hills require less of an explosive movement than coming out of a corner or at the start.

Plyometrics, mainly box jumps as these focus the leg muscles which are used in cycling, are another way that I will try and improve power. Short²⁵, Wilson²⁶ and Redbull²⁷ all agree that box jumps build explosive power. Developing explosive power in my legs through plyometrics means that I should be able to accelerate quicker at corners and get a faster start, both of which help to move me past some of my fellow competitors in a race. Plyometrics require limited equipment so will be easy to incorporate into my training programme.

A further benefit of completing squats, deadlifts and plyometrics is that progressive overload can be easily applied by increasing weight or number of repetitions. This will ensure that my performance does not plateau and that I can continue to make gains.

Cycling Weekly²⁸ states that it is important to develop core strength so I can stabilise myself on the bike and generate more power. I liked Nino Schurter's circuit²⁹ of 17 exercises which are designed to be specific to the demands of a mountain bike race. I think it will be beneficial to my cycling performance as each exercise works muscles which are used specifically for core stability and generating power. I especially liked the idea of making rest periods active. This will make rest time more specific to a cyclocross race because it replicates the balance required during descents (the main rest time in a race). There is an element of physical rest during this but mentally you still need to be focussed, which is what Schurter's active recovery hopes to replicate. The work to rest ratio is similar to the short efforts followed by descents found in mountain bike racing. For these reasons

¹⁹ <https://fastcatcoaching.com/tips/mountain-bike-power/>

²⁰ <https://www.youtube.com/watch?v=xW-nWnI5hYk>

²¹ <https://www.redbull.com/gb-en/cycling-strength-exercises-gym>

²² <https://enduro-mtb.com/en/winter-training-part-iii-7-must-do-exercises-for-mtb-riders/>

²³ Isla Short 8/11/2018 (Appendix F)

²⁴ <https://www.redbull.com/gb-en/cycling-strength-exercises-gym>

²⁵ Isla Short 8/11/2018 (Appendix F)

²⁶ Reece Wilson 8/11/2018 (Appendix G)

²⁷ <https://www.redbull.com/gb-en/cycling-strength-exercises-gym>

²⁸ <https://www.cyclingweekly.com/fitness/training/strong-to-the-core-31235>

²⁹ <https://fastcatcoaching.com/tips/ninos-circuit-training/>

this is something I will definitely incorporate into my training to help improve my power and overall race performance.

'Over geared efforts', discussed by Cycling Weekly³⁰ and Trainright³¹, and cadence efforts, discussed by Training Peaks³², are alternative methods for improving power. Both 'over geared efforts' and cadence efforts are very specific to cycling as they are performed on a bike. However, as they are very physically demanding and will raise my heart rate very high which is something I unfortunately cannot do currently, as I am recovering from a head injury, I will focus on gym work initially and during the first 4 weeks of training. As I recover and am able to work in a heart rate range of 190+ bpm (typical race HR) I will introduce over geared efforts.

2c) - Set and justify Personal Development Plan targets

One goal is to increase my maximum power in order to improve my mountain bike performance in 3 main areas – the start, accelerating out of corners and going up hills. Power is needed to accelerate from a standing start and get into the first technical section at the front of the group. This prevents slower riders from holding you up and stops faster riders getting away from you.

Improving my maximum power will also enable me to accelerate out of corners faster. When you go into a corner during a mountain bike race, you have to slow down, so when you leave the corner it is important to return to maximum speed as quickly as possible. This requires a lot of leg power as you are looking to accelerate hard out of the corner. The ability to do this should allow me to overtake a rival who accelerates slower or hold off a faster rider behind me.

Getting up steep climbs also requires power. By increasing my power I will be able to get up climbs much faster, or successfully ride climbs that I was not able to do before. I intend to do this by using plyometric training, squats and deadlifts. In particular I will use deadlifts and variations of squats, which research highlighted as the most effective ways to build mountain biking power.

Another goal is to improve my core strength. Improving core strength will allow me to produce more power as a strong core is needed to push the pedals with a lot of force. If I have a strong core and a stable position I can utilise all of my improved leg power.

³⁰ <https://www.cyclingweekly.com/fitness/training/build-your-cycling-strength-with-big-gear-efforts-162647>

³¹ <https://trainright.com/3-powerful-sprint-workouts-every-cyclist-should-include-in-their-training/>

³² <https://www.trainingpeaks.com/blog/3-high-cadence-cycling-workouts-base-training/>

3) - Implementing the Personal Development Plan

I completed an 8 week training programme (see appendix 10). To record and review progress, and to keep track of how I was adapting my programme, I kept a training diary recording measured improvements and general observations that guided future activity (see appendix 11).

I split my programme into two 4-week blocks; the first 4 weeks focussed on improving my agility and body position practice conditions; and the second block of 4 weeks was to transfer these skills developed in practice to more game-like situations.

I recorded specific comments from each session, both successful and needing additional focus. Additionally, I asked my teachers to observe me completing a session so that I could get feedback from them on how I could improve the sessions, and also to gain third-party reassurance that they could see real improvements. For example, in week two, training session three, my coach urged me to accentuate my change of direction by really planting my foot before pushing off. To ensure I lodged this movement securely in my head, I added a quick replica movement exercise that I would complete before each session.

Example of Appendix

Week 2

Training session	Aim:	Session:	Comments:
Session 1	Agility	I started off completing my warm up. I completed practice 1, repeating each drill 3 times. I then completed practice 2 and repeated it 3 times. I then completed practice 3, doing each drill once. I finished off by doing my cool down.	After making changes to practice 2 and 3 after last week I feel happy with this session. I feel as though it is at the right intensity and I am working hard. However, to ensure I keep the intensity up I am going to progress this session in week 3.
Session 2	Body Position and agility	I started off completing my warm up. I then completed my specific thigh warm up. I then did the same session as yesterday but incorporated practice 5 so it is done at a certain height. To finish off I completed my cool down	I enjoyed this session and felt that, slowly, my correct body position is beginning to become more natural. I look forward to seeing the improvements this will bring to my game.
Session 3	Agility	I started off completing my warm up. I then completed practice 4 and repeated each drill 3 times. I finished by completing my cool down.	This was a good session. I asked my coach if they would observe me doing this session and give me any advice or general observations. She told me that I should accentuate my change of direction by really planning my foot before pushing off. To ensure I get this movement secure in my head I am going to include a quick exercise before each time I do this session. Next week I am going to progress this session to ensure I continue to improve my agility.
Session 4	Body position and agility	I started off by completing my warm up. I then completed my specific thigh warm up as well as including my new practice 6. Then I did practice 4 and incorporated it with practice 5. I repeated each drill 3 times. I finished by completing my cool down.	Today's session went well, however I feel as though I could be challenging myself a bit more on how low the tape is, so next week I will make a progression to this.
Session 5	Applying skills to a hockey match	We played against the local team and drew 1-1	I feel I played well during the game and made quite a few strong tackles, which is probably as a result of my body position getting better.

Example of Appendix

Practice 3

Square cone circuit

<https://www.menshealth.com/fitness/a19544622/agility-drills-in-10-square-feet/>

4 cones in square shape

Hip switch-jump with 2 feet vertically and then 2 feet laterally

Linear hop-2 footed jump outside box, 2 footed jump in box, 2 footed jump out other side

Shuffle stick – 1 foot followed by the other foot into the box then one foot out

Cross in front – grape vine with foot in front

Cross behind – grape vine with foot behind

2 in 2 out – star jump motions in and out

In in out – 2 feet in 2 feet out but one at a time

Run in place with side step

4 corner skater – jump 1 footed to each cone in star formation

Perimeter foot fire – fast feet around the outside of the 4 cones

4a) – Analyse post-PDP data

During this 6 week programme, most of the progress made was upper body due to an ankle injury sustained in the first week of the programme.

After re-testing my bench press (appendix 11), my max weight has increased by 10kg over the 6 week period. This has put me in the average category for national norms as well as beating the target I set before I started the programme. This has benefited me in games when it comes to defence as it enables me to absorb the initial hit therefore allowing me to drive the attacker backwards, preventing any chance of the opposition applying pressure to our defence.

Another improvement I made was in my overhead press (appendix 11). I increased the weight on this movement by 5.5kg. As it works your deltoids this improved my performance when it came to making a scramble tackle. Previously my shoulders would lose shape when reaching to make contact; now my shoulders are strong enough to grab the attacker without just running through my arms and bring him to ground which can save a line break from being made preventing a try in game.

My deadlift improved by 7kg (appendix 11) during this 6 week period. This benefits my tackle technique by keeping my back straight and in a strong position. This helps prevent any injuries being caused from having an arched back, which is a common way of causing harm to defending players. I have experienced this improvement as I now don't feel stiff in my back the day after a game where as before I was in pain for the next day or two.

However, my squat has not improved from the start of the development plan (appendix 11). This is because of an ankle injury sustained at the start of the programme which prevented me from training legs for 4 weeks. This affected my explosiveness in tackles which meant I could not break the line as much as I would have liked to. This could be one of the reasons why the defensive line had no problem dealing with my carry. This could then put my team under pressure to re-secure the ball.

In my match analysis, it was evident my tackle success rate had increased massively (appendix 7). This will have helped my teammates when making decisions on defence on what man to take as they could trust me to cover and take my man. This prevented us from getting caught out wide with low numbers as nobody has to step in to cover missed tackles. Ultimately lowering the chances of conceding a try.

In the same game (appendix 7) at the end of the 6 week programme I made 4 more dominant tackles than before. This type of tackle enabled me to halt any forward momentum the attacking team have and gave my team a chance to make a turnover. This resulted in added benefits to my teammates who told me this boosted their confidence defensively and allowed them to support me and secure the ball. This in turn boosted my own confidence in other aspects of my game in particular being vocal in defence, resulting in more effective communication amongst teammates to organise the defensive line and reduce any spaces.

My match analysis (appendix 7) also highlighted the fact that my ruck clears had increased since the last match analysis by 4. I feel that this was down to the strength work I have been doing for my back, which enabled me to get in a strong position over the ball. My scrumhalf told me this made his game a lot easier as he had clean ball to use all game. Meaning it was a lot easier for our back line to run sharp plays so they had greater chance to score tries.

The performance wheel (appendix 9) also highlighted that I believe my trust in other players has grown. This is shown in my defence as I can easily pick my man to mark because I know my

teammates inside and outside me are going to make the tackles. This prevents any chance of the attacking team outnumbering the defensive line.

However, in my match analysis (appendix 7) I noticed my speed was lacking when I made a line break. This resulted in me not being able to outpace the scrambling defence and ultimately getting dragged down and because of the lack of support the ball was turned over. This ruined any chance of scoring off my carry.

4b) - Evaluate the process of carrying out the Personal Development Plan

Throughout my development plan I used a training diary (appendix 6) this was effective as it allowed me to track adaptations which I was making to each session, so that I was not doing reps on a weight I was comfortable with which meant I was always pushing myself to improve.

For the weight sessions I trained with a partner, this was extremely beneficial as it kept me motivated especially during the last week of the programme, where my weight had increased and I was lacking effort levels this meant I performed to the best of my ability and gave myself the best chance of improvement.

An adaptation I made to my contact sessions (appendix 6) was to involve tackling bags as part of the warm up. This improved my performance in the sessions as my shoulders had actually felt reasonable contact before going into live tackling drills. This prevented any chance of injuring muscles during a tackle.

Throughout my PDP I had a rest day in between each weights session and a rest day between each contact session. This allowed me to perform to my limit every session I did without causing strain on certain muscles therefore making my sessions as effective as possible.

My weight sessions were so effective because of the 5by5 strong lift plan. This meant I was never 1 rep maxing and I could always carry out my sessions without a spotter as it was a weight I knew I could lift for those 5 reps clean. Therefore I could do my sessions with or without a training partner and I was able to stick to the timescale resulting in strength gains.

4c) – Future Development Needs

i) My post PDP games analysis highlighted CRE as a weakness. By improving my CRE I will be able to last the full 80 minutes of the game. This will prevent me from missing tackles or dropping any passes which could mess up a prime attacking opportunity for my team.

ii) Improving my CRE would increase my confidence as I would no longer be fearful of letting my team down in the closing stages of the match as I would believe that my passing accuracy would remain high until the end. Improving my CRE would also mean that my decision-making would be better as I would be less fatigued and could remain fully focussed on the game allowing me to make the correct decisions both on and off the ball. This would mean that I could cover defensively for teammates who may be struggling and I would be able to recognise when I should support attacking players.

Finally, improving my CRE would help me to continue to communicate with my teammates as I would still be feeling good and could give instructional and motivational feedback which would maintain our positive team dynamics throughout training and matches.