

## Candidate 5 evidence

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Q1 a)	(i) One method used to collect qualitative
	information for the mental factor is a
	questionnaire on the mental factor
	(ii) A different method used to collect
	quantitative information on mental factors is
	the P.O.M.S test which is done online.
Q1 b)	(i) One reason why a performer should
	collect qualitative information is because
	they know their different strengths and
	weaknesses and how to improve on them.
	They can change the activity in their
	PPF. Another reason why a performer
	should collect this data is to
	receive feedback on their own performance.
	This feedback is given by the performer,
	the performer's coach or their teammates.
	The feedback received means that

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	The performer can alter what they are doing and focusing on their weaknesses to improve.	
01b	(ii) One reason why the performer should collect quantitative data is so that they can (For example) see how fast they can run a certain/planned route. From here, the performer can alter their PDP to make the duration longer or change the route so it is longer to try achieve more in a set time, meaning they would be improving. Another reason why the performer should collect this data is to see if they are improving with things like their anger. The performer could count how many times they get angry in a game and work on that to	

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	achieve a lower number, meaning their performance would improve and they can play to the best of their ability.
Q2a)	One short term goal for the emotional factor could be to <sup>try</sup> reduce the amount of times you get angry in a 7v7 game of football, and when you do get angry the opposition gets a free kick. One long term goal could be to end up not getting angry at anything in the 7v7 football game and finish the game with your emotions controlled.
Q2b)	One consideration a performer may have is if the goal they have set is realistic to the performer. This means that the performer needs to consider if the goal that they have





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Q3a)	

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Q3b)	One possible challenge is that if you
	do continuous training outside and
	the weather turns to be horrible and
	something the performer can't go out in,
	this may mean they will have to
	resort to inside or possibly even
	miss a session. This means that the
	performer can't train properly and in
	the long run it will take longer
	to complete their goal. Another challenge
	could be setting the right route
	to start off with. IF the performer
	creates a route that is very long
	and different to what the performer
	usually runs it won't be as
	beneficial as running a route that
	is shorter and by improve times.
	This would also mean that the performer
	could be very tired out and could

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	<p>affect their other commitments. Another challenge could be that the performer might not be able to train every time she/he has said they will. This means that every time they <del>miss</del> <sup>miss</sup> a session the longer it will take to achieve their goal.</p> <p>One more challenge they may face is that if they run with a partner, the partner may be slower than <del>you</del> you. This means that they will be holding you back and you can't run to your own ability. This then means that you aren't improving at all, meaning you won't achieve the goals you have set.</p>

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Q3c)	<p>The effectiveness of the continuous training approach is good as it improves the performer's CRF if done correctly. If the performer does the training correctly and alters it when they need to their CRF will improve meaning they will be able to last longer in their football match. Another way continuous training is effective is because it can motivate you to try harder. If you run the same route multiple times and your time keeps on improving, this would mean that the performer feels motivated to improve their time and potentially alter their route. One way continuous training may not be so effective is if you have to keep switching from outside to inside. When training outside you can follow a route and record your time and</p>

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ideally you want to keep running with	
route/altered route to see if you are	
improving. If you switch back and fore	
it may be confusing to know if you	
are improving or not. Another may	
continuous training may not be so effective	
is if the performer finds the route	
easy every time and doesn't change their	
distance. To improve, the distance needs	
to be added or the duration needs	
to be added so you are working	
hard to improve your CR. If they	
had it too easy they won't be	
improving and their CR will stay	
almost the same.	

Q4a)	One way in which the PDP for		
	social factors can be evaluated is		
	by checking if they are improving.		
	you can set short term goals to		
	try achieve in one session.		

Q4b)	(i) The impact improvement can have		
	during the development process is that		
	you begin to start to work		

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	<p>your team around you and get involved in team play when playing football. This means that you can rely on your team to play the right pass or trust them to get into space so that you and your team can get into goal scoring opportunities and potentially score to put your team ahead. Another impact improvement can have is that your communication is better meaning that you can shout for the ball when you are in space or shout to tell your teammates that someone is coming to tackle them. This means that your teammate can keep the ball and play the pass to you as you have shouted for it and then your team can go on the attack to get forward and play a cross</p>

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	into the box to create chances for	
	your team.	
	(4b) (ii) The impact improvement has on	
	your overall performance is that you	
	become a better player and perform	
	better for your team. Because your	
	communication skills <sup>and trust skills</sup> have improved, this	
	means that you get involved more on	
	the ball and work better with your	
	team to defend the opponents and go	
	on the counter attack to get	
	shots off on goal and put your	
	team ahead. Another impact improvement has	
	is that you might get more game	
	time because of your improvement. This	
	means that you can continue to	
	improve and help your team to	
	get on the pitch and create	



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	goal scoring opportunities.
Q5)	<p>One strength I have in comparison to a model performer is that I can last the whole football match. Because my CPE is good, I can last the full game with the same intensity that I had at the start of the game, just like the model performer. Another strength I have in comparison to a model performer is that my communication is very good in my football game. Just like the model performer, I am able to shout for the ball and shout useful information to my teammates on the field.</p> <p>One development need I have in comparison to a model performer is that my team dynamics isn't as good as the model performers. In my football game I struggle</p>

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	<p>to get involved with my team and lost them meaning it effects our relationship on the field, whereas the model performer knows all his teammates well and knows all their play styles. One more development need I have in comparison to the model performer is that their passing is better than mine. In my Football game, I struggle to complete passes half of the time meaning I give the opposition the ball, whereas the model performer makes the correct pass almost every time and it goes where they want it to go.</p>
16a)	<p>One method I used to monitor progress throughout my PDP was a training diary. A training diary is a diary that you fill in after every session</p>

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which you record your time, duration, intensity etc. You record your activity and which days you do them on. The training diary is personal, so it is just your things in it and it is filled in <sup>after</sup> every session.

One change I had to make was to put my intensity higher. Because I found what I was doing quite easy, I put up the intensity so that I was working harder and working to a higher heart rate. This meant that I was working harder and I was improving more as I found it more difficult.

Another change I made was I cut down my time so that I had to complete my run in a faster time. This meant that I was working

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	harder to try finish the route quicker	
	meaning that I was still improving.	
	Another change I made was to	
	increase the duration of an activity	
	so that I was working harder for	
	longer. This meant that I was playing	
	Football to a high intensity for even	
	longer meaning I was improving my	
	CRF and stamina. Another change I	
	made was how many times a week	
	I trained. I started off <del>at</del> training	
	2 times a week with a	
	set amount of rest days but as	
	I started to find it easy I	
	started training 3 times a week.	
	This meant that I was training	
	more often so that meant I was	
	improving quicker and better.	

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Q7a)	<p>One reason why emotional factors may cause differences is that you have a crowd watching you at the live performances and you don't have anybody watching you at training. This would mean that the performers anxiety gets high - when there is people watching meaning they might not be able to stay focused on the game. This meant that the performer could not get into space or shoot for the ball meaning they gave the ball away and their team are now in a dangerous position of conceding. Another reason why emotional factors may cause a difference is that the performers motivation levels are low. This would mean that the performer may not even want to play the game and not be focused on winning. This means that the performers performance drops</p>

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	<p>They don't play to the best of their ability, letting their team down and not creating goal scoring opportunities. Another reason why there may have been a difference is that the performer may not be able to handle pressure very well. This leads to effort not being at a high standard and the performer makes a silly pass which gives the opposition possession and now has to worry about getting the ball back for his team or the opposition may score. Another reason the performances have a difference is that the performer's concentration levels may be low. This means that the performer might not be in the game and make a <del>the</del> bad tackle as they weren't paying attention causing <del>them</del> them to get</p>

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	<p>booked or sent off, leaving their team with 10 players which is a disadvantage. The opposition will have more space to pass the ball around and fire our <del>the</del> the performers team.</p>
Q7b)	<p>The impact of physical factors is that in the live performances, the performer couldn't keep the same intensity up at the end of the game meaning poor CRE. This meant that the performer isn't able to run on to the throughball and loses the ball to the opponents who now have the ball to go and attack and potentially score. Another impact is that because the performers stamina is so low, they can't get back in time to help defend the ball. This means that the opposition have an easier job</p>

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	of getting closer to the goal to create
	chances for their team. Another impact
	could be that the performers tackling
	skills aren't very high. This meant
	that the errors observed lead to the
	performer getting dribbled past and left
	behind while the opposing team attack.