

# Candidate 1

## Developing flexibility for 200m sprint

1.a)

### Video analysis

For the first method of data collection I used video analysis for my 200m sprint. I did this during the competitive season and in a high-level competition so that I was running at my peak performance which meant that the data gathered was more accurate to my ability, making it easier for me to identify what I needed to improve. I filmed my race from multiple angles, I had a camera angle at the start of my race for my block start, one at the middle of my race and one at the finish which allowed me to analyse my race more closely and helped to identify weaknesses across the stages of the race. Also, because I have a video, I can look back at it for the rest of the training programme which means that I can compare my race to other races throughout the training programme. This will show me if my PDP is working and will allow me to decide if changes are needed to be made.

### Coach Feedback

I then used coach feedback to further investigate my performance. My coach has been coaching me for a few years and knows me well. He has good knowledge of what I can do and had a deep understanding of the event. This helped the result to be more reliable. Importantly, I received the feedback from my coach straight after a race when it was fresh in the coach's head and my memories of the race were clear this further increasing the reliability of the information.

### Sit and Reach Test

For a more specific method of data collection, I carried out a sit and reach test. The sit and reach test had national norms this meant that I was able to compare it to other people who had done it which were male and also a similar age to me meaning that I was able to see where I compared to them. Before completed a sit and reach test each time I would warm up the same way as I would do before a sprint so that the results are more accurate as my flexibility would be the same for the sit and reach test as it would be before a sprint and this would also make the test more relevant to a sprint. The sit and reach test is relevant to a sprinter because it tests the flexibility of the hamstrings and lower back which are important muscles when sprinting. These muscles will influence the starting drive of the race as it is important to stay low so that enough power can be generated to get up to top speed and as a sprinter you need to be able to pick up your knees so a sprinter is able to have a longer stride length.

### Profiling Wheel

For the last method of data collection, I decided to use a profiling wheel. It was based on mental factors that could affect me during the race which might end up making my drive or knee lift poor. The reason that I used a profiling wheel was that I was able to use my own thoughts and emotions about my strengths and weakness was able to analyse my sprint better than the video analysis and coach feedback could to get a deeper understanding of what I need to improve on making my results

more valid. Also, the profiling wheel is a permanent record which means that I can look back at it anytime and I would be able to use it in the future to compare it to another wheel that I have completed if I was wanting to see if anything has changed or if I want to see if my PFP I working. This means that I would be able to adjust the PDP to make sure improvements are always being made.

### 1.b) Analyse Data Gathered

Whilst reviewing the video footage (see appendix 1) a strength that I found was that I had a good reaction time when the starting gun went off at the start of the race which allowed me to have a more effective take off, this meant that I was able to get ahead of the other sprinters early on which would have made me more motivated and encourage me to stay ahead of the other sprinters. From my video analysis a weakness that I found from the beginning of the race was my starting drive. Even though I had an effective reaction time at the start, in the driving phase I ended up raising up too early which meant that I had more air resistance and I was not getting the most power from the start that I could have. This allowed other athletes in the race to catch up to me and overtaking which caused my good reaction off the blocks to no longer be an advantage as it had to make up for coming up too early.

Another weakness that I had found was my technique when I had risen from the starting drive. When I was sprinting, I found that the technique that I was using was different to other athletes in my race. My technique of my leg rotations during the race wasn't as good as it should have been and this caused me to lose out on getting enough speed to keep up with the other athletes ahead of me. My video analysis and my coach feedback both showed that I had poor technique however the coach feedback (see appendix 2) had also showed that one of the poorer parts of my technique was my rise during the initial drive. Both methods showed that I was rising too early, but my coach had told me that the reason for this was because I wasn't staying down low enough. Since I am not able to stay down low enough, I kept coming up too early and it was more forced due to there being a strain on my back, causing me to miss out on important power strides.

Another weakness that I have is my stride length during the race. My coach said that when I was running, my strides were shorter and my leg rotations were faster compared to other athletes, This causes me to use more energy than other athletes making me more tired at the end of the race and putting me at a disadvantage.

For my sit and reach test (see appendix 3) I had gotten an average of 12cm which is below the average national norms which is 23-28cm. This shows that I have poor flexibility in my hamstring and that flexibility is a major factor impacting my race. This links to the coach feedback identifying that my knee lift is poor. This means that when I am sprinting there is strain on my hamstrings which is stopping me from picking them up high enough to be able to get the most out of each stride. Since the sit and reach test also measures an element of flexibility in the lower back this also links in with my poor rise in the initial drive in my performance. When looking back over my video analysis I can see that when I am trying to stay low that I am struggling and I had experienced strain on my back which is forcing me to rise earlier than I should so I end up losing out on getting my full potential speed.

For my profiling wheel (see appendix 4) one of the weaknesses that I found was that I have bad anxiety as I got 5/10. When I come out of the blocks the anxiety causes me to make mistakes in my technique whilst running as I'm not as concentrated as I could be. This could be the cause of my poor technique as I might not be concentrating enough of my technique throughout the race therefore

resulting in it taking me longer for me to reach my top speed compared to the other athletes I am competing against. Another weakness that I found was that I didn't have very good decision making as I scored 5/10. It is important to have good decision making during a race because you need to be able to decide when you are going to rise during the initial drive phase to get the most power as possible to be able to reach top speed. Therefore, due to my poor decision making I may decide to rise early and end up losing out

## Candidate 2

### Developing 3-point shot in Basketball

#### Section 2a

Accuracy is a vital skill to be successful in basketball. Hal Wissel explains that, having an accurate shot *'forces your defender to play you tight and become vulnerable to a fake, allowing you to pass and drive as well as shoot.'*<sup>1</sup> An important factor in 3 point shot accuracy is the launch angle. The *'launch angle is simply the angle at which you launch the basketball towards the basket.'*<sup>2</sup> *'A clear correlation emerges between the angle consistency and shooting percentage'*<sup>3</sup>, hence, the angle plays a major role in the accuracy of the shot. Coach Bob J. Fisher, states that *'the higher the launch angle the larger the target area of the rim'*, therefore the easier it is to make a successful shot. *'A medium arc of 43 to 47 degrees...will result in an optimal shot'*<sup>4</sup>. The angle will vary slightly depending on the shooter's height and the distance the shooter is from the basket.<sup>6</sup> As the shooter's height increases and *'as you move away from the basket, your launch angle decreases'*<sup>4</sup>

Angle targets is a drill that involves repeatedly releasing a basketball at a 45-degree angle to hit a target on a wall. This drill uses repetition which allows a player to develop *'the muscle memory to consistently repeat the shot'*.<sup>5</sup> Using angle targets is an effective method as it allows the player to concentrate on the isolated movement, so that the correct form is used in practice, to prevent any flaws in the players technique disrupting the correct muscle memory.<sup>6</sup> Precision of muscular movement is vital for greatest accuracy and allows a player to develop and progress into the autonomous stage.<sup>7</sup>

<sup>1</sup> Wissel, H. Basketball Steps to Success. Third Edition. Human Kinetics. (2011).

<sup>2</sup> Fisher, BJ. (n.d.). The physics of free-throw shooting. Fisher Sharp shooters. [Viewed: 4/11/19] Available at: <https://secretsofshooting.com/physics-based-basketball-shooting/>

<sup>3</sup> Marty, R and Lucey, S. (2017). A data-driven method for understanding and increasing 3-point shooting percentage. Sloan sports conference. [Viewed: 8/11/19] Available at: <http://www.sloansportsconference.com/wp-content/uploads/2017/02/1505.pdf>

<sup>4</sup> Miller, S and Bartlett, R. (n.d.). The effects of increased distance on basketball shooting kinematics. Semantics scholar. [Viewed: 6/11/19] Available at: <https://pdfs.semanticscholar.org/771a/9d5f7c069a90e3f83a930b92d6941d84f8bf.pdf>

<sup>5</sup> Straight Shooter Book

<sup>6</sup> Rice, A. (2018). Muscle Memory: The Frustration in Trying to Change. Triathlon Training With Amy [Viewed: 12/12/19] Available at: <http://www.triathlontrainingwithamy.com/other-training/muscle-memory-frustration-trying-change/>

<sup>7</sup> Paye, B and Paye P. (2013). Youth basketball drills. Champaign, Ill. Human Kinetics.

Jeff Haefner, states that once you have caught the ball, it is important to move it quickly into the shot pocket and *'line everything up, so the ball and your shooting eye form a straight line to the basket'*.<sup>8</sup> The rim of the basketball hoop should be sighted as early as possible to improve accuracy.<sup>9</sup> On release, *'the ball should start motion directly upwards from the shot pocket'*. Leg, arm and core power should all be coordinated on release of the ball.<sup>9</sup>

*'The sighting point must be held in constant and clear focus from the moment the shot is begun to the completion of follow-through.'*<sup>10</sup> Pistol drills can be used as a method to help players locate their sighting point and line their positioning up with the hoop quickly.<sup>9</sup> Pistol drills with two balls are used to draw attention away from the basket and onto the ball, so that the player then needs to retarget and relocate where they are shooting, which simulates a game situation.

Breakthroughbasketball.com says that the jump stop drill is used to *'improve pivoting skills to create space'* as well as improving balance and footwork, in preparation of a three-point shot.<sup>9</sup> The drill consists of dribbling, a jump stop on the edge of the three-point line, a pivot, and then a jump shot. These movements are carried out to try *'to develop game habits.'*<sup>10</sup> Side runs is a drill that involves repeatedly shooting from one side of the 3-point line, then tracing the 3-point arc and shooting from the other side. This drill works on agility, footwork and shooting mechanics.<sup>11</sup> This drill allows the player to practise and improve their shooting when they are tired, like they would be in a game situation.

When shooting a 3-point shot, feet should be positioned roughly shoulder width apart for optimum balance.<sup>9</sup> Jumping while you release the shot can increase your shooting percentage, because as you jump forward, the distance between the shooter and the hoop decreases, increasing the chance of the shot being successful.<sup>11</sup> Jumping also produces more power which is passed through the legs and body. This results in less power having to be generated by the arms. If your arms shoot the ball with less force, the ball is likely to be in more control which allows for a more accurate aim and shooting angle.<sup>11</sup> Good balance is important as, *'when properly balanced, a shooter can co-ordinate the efforts of each muscle to produce a net force in the direction of the basket.'*<sup>10</sup>

Vaughan, T explains how *'all forces imparted to the ball by the shooter should pass through the finger-tips. This technique allows the fingers to make fine trajectory adjustments at release and provides a soft, natural backspin.'*<sup>10</sup> Most successful 3-point shooters use a backspin of around two rotations per second. This backspin decreases the kinetic energy of the ball by slowing it down, therefore, if the ball hits the rim of the hoop, it is more likely to fall through the net.<sup>12</sup>

The Straight-line Thrust Method can be used to improve accuracy. This method focuses attention on the movements of the wrist and fingers. *'The release is the most important aspect of shooting and occurs during the wrist snap.'*<sup>13</sup> The ball will go in a straight direction to the hoop if the shooters

<sup>8</sup> Haefner, J. (n.d.) Proper basketball shooting technique, fundamentals, and form. Breakthrough basketball. [Viewed: 11/11/19] Available at: <https://www.breakthroughbasketball.com/fundamentals/shooting-technique.html>

<sup>9</sup> Breakthrough Basketball. (n.d). How to Quickly Improve Your Players Balance, Footwork, and Overall Basketball Skills. [Viewed: 20/11/19] Available at: <https://www.breakthroughbasketball.com/drills/jumpstops.html>

<sup>10</sup> Online Basketball Drills (n.d). 3 Point Shooting Drill Workout to Maximise Performance. [Viewed: 20/11/19] Available at: <https://www.online-basketball-drills.com/3-point-shooting-drill>

<sup>11</sup> Pure Sweat Basketball. (2015). Agility Shooting Drill for Basketball: Trace the 3-Point Arc. [Viewed 19/11/19] Available at: <https://www.youtube.com/watch?v=73Oq0EJ4XvI>

<sup>12</sup> Grant, T. (n.d.). Basketball sports science – The three-point shot. Squadlocker. [Viewed: 11/11/19] Available at: <https://www.squadlocker.com/squad-blog/basketball-sports-science-the-three-point-shot>

<sup>13</sup> Straight shooter book

fingertips are kept in line with both their pivot point on their wrist, and the hoop. <sup>13</sup> In contrast, the Centre-line method involves '*controlling the centre of the ball at release*' to ensure the ball travels in a straight line to the basket. '*The centreline is permanently the exact centre of the ball in relationship to the exact centre of the basket*'.<sup>12</sup> This allows for shooters to have a greater freedom of movement, and variability in their release, as it has no impact on the direction of the ball.

## Section 2b

Hal Wissel explains that good accuracy is important, as it provides more options for the player in a game. Therefore, having good accuracy ensures that you do not become predictable to your opponent. Developing my accuracy means that it will be harder for my opponent to read me, therefore they will be more likely to be susceptible to my fake shot.

Neel. V Patel states that the angle of release plays an important role in the accuracy of your shot. I plan to improve my angle of release by shooting from higher up. This will allow me to gain height in my shot, making it harder for the defender to intercept the ball, and improve the target area, as suggested by Fisher. This will increase the chance of a successful shot.

Thomas, V and Grant, T both agree that imparting a backspin on the ball on release increases accuracy. I will practise imparting a backspin on release during my shooting drills that I carry out in my training programme.

The straight line thrust method was discussed by Bob J. Fisher as a method that can be used to improve shooting accuracy. However, this method is hard to consistently master as it is difficult to keep your fingers in line with the rim on release. I would have to learn the movement, for this method to successfully work, rather than my technique developing naturally, as the method is not biomechanically friendly. This may result in my shooting position feeling forced and unnatural, which will make it harder to shoot an accurate shot. I will therefore not be using this method going forward.

The centreline method was also discussed by Bob J. Fisher as a method that can improve shooting accuracy. This method provides the shooter with both accuracy and versatility. Therefore, if I can control the centre line of the ball, I will be able to shoot successfully, regardless of my position on the court and my release method. I will therefore be using this method going forward.

Angle targets are an effective drill as it focuses on improving the angle of release whilst incorporating repetition. Paye, B and Paye, P explain that repetition is important to develop good accuracy.<sup>7</sup> I am currently in the associative stage of learning. However, angle targets will allow me to progress into the autonomous stage, as I will be able to build the muscle memory to repeatedly release the ball at an angle of 45°. This will allow me to accurately shoot whilst also concentrating on the position of my teammates and opponents, so that I am more aware of my surroundings. This will have a positive impact on my performance, so I will be using this drill in my training programme.

Jeff Haefner talks about the importance of sighting the hoop early and lining both your body and the ball up with the hoop,<sup>8</sup> which pistol drills can improve. This allows your shot to take a straight path, with the correct amount of force, to the hoop. Therefore, improving accuracy. I especially like the idea of pistol drills using two balls, as I believe that it is an effective way of practicing in a game-like situation.<sup>9</sup> By using two balls and having to listen to the calls from your coach as to what ball to use, it takes your attention away from the sighting point on the hoop, so once you have caught the ball

you have to relocate your target. This replicates a game situation as players are constantly distracted by calls and movements from teammates and defenders, and therefore, need to quickly relocate their target before they can shoot. Modified pistol drills force the player to shoot from both the left and the right which allows them to focus on the micromechanics of their shot, as there are different mechanics from shooting from the left and the right. I believe this drill will benefit me personally, as I always prefer shooting 3-point shots from the left-hand side of the court, however in a game, it is unusual to have an option, if there is a strong defense. By practicing shooting from both the left and the right, it will force me to shoot in a certain position, which is the scenario I will most likely face in a game.

Shotmechanics<sup>9</sup>, Breakthrough Basketball<sup>10</sup>, and Online Basketball Drills<sup>11</sup> all agree that shooting with a jump can increase accuracy. By incorporating the jump stop drill into my training programme, I will be able to focus on my footwork as I land, to improve my balance and coordination before making my jump shot.

Side runs is an effective drill for improving shooting accuracy and is designed to meet the demands during the later stages of a game when the player becomes tired.<sup>11</sup> I believe this drill will benefit me, as during the later stages of a game, I often feel tired with my right arm becoming weak, meaning I have less control over the direction of release of the ball. By doing this drill, I will gradually be able to increase my stamina and strength in my arm, so that I can still shoot accurately at the end of a game.

Throughout all of my drill I will use the centre line method<sup>12</sup> to help me develop my accuracy in shooting. I selected as this method as it allows me the freedom of movement and versatility to shoot from a variety of positions on court and in different contexts, for example: in isolation; under pressure from opponents or coach; or tired.

## Candidate 3

### Developing core strength for gymnastics

#### Stage 2C PDP Targets:

My overall long-term goal is to increase my core-strength. This will enable me to incorporate more complex skills into my routine and allow me to have more control over the movements I currently perform. Incorporating more complex skills (for example, straddle lever, back handspring and front handspring) into my routine will allow me to perform more complex variations, increase the difficulty of the routine and secure me more marks. Improving my core muscles will also improve my level of execution of the skills I can already perform. I will have more control over my movement and this will impact on my performance aesthetically because it will seem more effortless and further increase my score in competitions.

For me to reach this long-term goal I have set short term targets. My first short term target I set over a two-week period is to learn how to perform the core strength exercise techniques

correctly. This will ensure that I do not endure any injuries and cause any setbacks whilst completing my PDP, therefore I can complete it to the best of my ability and have maximum gains from my exercises.

Another short-term target I set is that by the time I complete my re-testing at mid-programme time, I will be in the above-average category for the plank test and sit-up bleep test. If an improvement is identified, I will realise that my training programme is effective and it will motivate me to continue following it through. If no improvement is made apparent, it will give me the opportunity to identify any problems and adjust my PDP.

An additional long-term goal is to develop my self-confidence and as a result lower my anxiety levels. By developing a stronger core, I will increase my self-belief and lower my anxiety because I will know that I am physically capable of performing my routines to an excellent standard. This, therefore, will result in me being less shaky and nervous when performing my routines making them more enjoyable and pleasing to the eye.

### **3 Record of PDP:**

Throughout my 8-week PDP (appendix 1), I focused on developing the four main core muscles; Rectus Abdominus, Multifidi, Transversus Abdominus and Gluteus Maximus. My PDP (Appendix 1) consisted of two different sets of core exercises completed twice a week, both sets of exercises focused on using all four-core muscles.

(MACKENZIE, B. (2003). The set was completed on a Monday and Thursday and my yoga on a Sunday which allowed sufficient rest days for my muscles to recover between sessions.

I completed a training diary throughout my PDP where I record any feelings or thoughts I encountered (appendix 2). From this, I identified at the start of week 2 that my aching muscles effected my performance. In response, I decided to implement a thorough warm-up prior to attending my yoga sessions to avoid aching muscles effecting how I performed in my core sessions. My training diary identified my dissatisfaction with certain exercises being too repetitive which impact my motivation. There were too many crunch-like exercises therefore, more varied exercises such as mountain climbers and the plank were introduced on week 3(appendix 1).

## Extracts from Appendices

### Appendix 1:

Gymnastics Personal Training Programme:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Set A			Set B			Fitness yoga (1hr)
Week 4	Set A			Set B			Fitness yoga (1hr)
Week 8	Set A			Set B			Fitness yoga(1hr)

### Set A- Alfa Romeo-

Each exercise completed for one minute with a thirty second break between each.

Three minutes recovery between each of the three set.

(x3 sets of 9 different exercises)

Butterfly  
 Crossover crunch  
 Lap tuck  
 Little V sit up  
 Prone crunch (changed to sit-ups)  
 Reverse crunch (changed to mountain climbers)  
 Russian twist  
 Superman  
 plank

### Appendix 2

Personal Training Diary		
Week Commencing	Comments	Adaptations
Week 1 (21/09/19)	My first attempt of exercise sets was very difficult as I was not used to using my core muscles which made it hard to complete them to the end.	To motivate myself I played music to distract myself from the exercises.
Week 4 (11/10/19)	This week I found the exercises much easier and I felt less achy.	No adaptations made
Week 8 (09/11/19)	I feel an improvement in my core muscles compared to the start off the program as I found the exercises easier.	I will feel highly motivated to complete another training program to develop my next weakness as I know the benefits they can have.

## Candidate 4

### Developing power for Rugby

4A

From my recent games analysis (appendix 8) I found that 44.4% of my tackles were dominant hits. This met my target from 2C, and showed an increase in explosive power, due to the force with which I'm now consistently able to tackle opposition players. This made it more likely that they will turn the ball over by knocking it on. I hit the players with a high amount of force making it difficult for them to hold onto the ball due to impact. As a result, I am now forcing more turnovers, therefore gaining my team the ball more often.

From my post-PDP data collection, I found that, after my 8-week programme, my vertical jump (appendix 9) has increased by 6.5cm. This shows my leg power has increased. This increase in leg power has also been shown in my video analysis by my ability to break the gain line more often when I carry the ball, due to the fact that when I'm tackled I push the defender backwards. This has made me more effective at taking the ball forward with more power and taking my team closer to the opposition try line.

I also saw an increase of 17cm in my seated medicine ball throw which demonstrated increased upper body power and showed me that my training was effective. This increase in upper body power has also been shown in my recent games analysis (appendix 10). I found I scored two tries as a result of evading the opposition full back with a powerful hand off, therefore showing this increase in power has directly improved my attacking game.

This improved attacking threat is also demonstrated in the number of clean breaks that I made in my recent game, 3 more than I made in the initial game. This shows that my ability to both break through tackles and side-step opposition players (both skills greatly impacted by a player's power output) has increased as a result of my programme. This means that even if I don't go on to score a try I will have gained ground for my team and put us in a better position to put points on the board.

I also noticed in my video analysis that when clearing out opposing players at the ruck I was far more powerful in the movement. This means they are unable to turn the ball over legally as I can take them out of a position to do so far more effectively than previously, allowing my team mates to then secure the ruck and set up an attack.

## 4B

I feel that I planned my training programme well and increased my intensity adequately throughout both blocks (see appendix 5). I don't think I programmed weights which were too heavy and I didn't overwork myself until I was too fatigued in the preceding days, meaning I could work my body far harder in training the next day and hence get more from it.

Due to the fact that I used a broad range of exercises and movements I enjoyed my sessions, meaning I always turned up for, and completed, them, maintaining training consistency and hence getting better results from my sessions. I think I programmed my compound exercises well which meant I didn't overload myself on certain days of the week, meaning I was always able to perform my exercises at a high intensity.

I also thought having training partners in every session greatly increased my performance. Having experienced lifters with me whilst training allowed me to maintain good form throughout my programme as I took on board the input they gave me. This made sure I was correctly activating the muscles in my body while doing exercises, and maintaining good form (reducing injury risk), and ensuring that they were more effective at developing my body. They also indicated whether or not I was moving with maximal intent in every repetition, which I found increases the benefit of power training. It also allowed me to push myself to a greater extent in training without being scared to fail repetitions as I knew that they could spot me.

I also continued a regular attendance at my sport-specific sessions, although on a couple of occasions I did not perform to my best ability at them. I think that if I'd chosen the time at which I trained more carefully and done a session either multiple hours prior to training or after it then it would not have hindered my performance as much.

I didn't spend enough time filling in my training diary after each session as I usually found that, after training, I was either too tired to recall all of my feelings throughout the session, or too tired to put maximal effort into writing a full account of my feelings and actions. In future I'd make sure I wrote completely accurate accounts after sessions which would allow me to have a better record to plan future training and overload more effectively.

## 4c) i)

A future development need I have identified is my passing accuracy because in my post PDP data collection I found that in the game I videoed my passing accuracy was only at 60%. This is important as passing is an integral part of rugby, especially for a centre as I must be able to quickly and precisely receive the ball and move it to the man to my outside me to allow him to attack. Because I cannot do this accurately I misplace the pass forcing my teammate to scramble for the ball to retain it allowing the opposition to shoot up in defense and snuff out our attack.

Another future development need is to improve my kicking so that it becomes a bigger part of my game. I found in my recent video games analysis that I unsuccessfully kicked the ball 3 times in a recent game, and did not make one successful one. This is important as a rugby player should be able to take advantage of there being an uncovered space behind their oppositions defensive line by

kicking into it for their team mates to run onto, as this creates an opportunity to attack at a broken field with few defenders blocking them.

2

4C (ii)

Improved my passing accuracy will impact positively on my decision making. If an overlap situation arises, I will make the right decision to pass the ball and execute it at the correct moment. This will take advantage of the attacking opportunity, rather than wasting it by holding on to the ball for too long and getting tackled. Having a more accurate pass will allow me to make the right decision, increasing the pace of the attack and making it harder for the opposition to defend.

Improving my kicking will allow me to fulfil my role as centre more effectively. It is my responsibility to create attacking opportunities for team. For example, I will be able to do this by using a cross-field kick to create an overlap on the wing, giving the wide men a chance to gain ground and possibly score a try. This will improve team dynamics as when I can fulfil my role well it will allow others to fulfil their roles well too. This improvement in team dynamics will allow all our players to use our skills effectively and become a stronger attacking unit.

Improving my kicking will give me the confidence to have a drop goal attempt even at the end of a tight match. I will be fearless about dropping back into the pocket to kick for the posts. This could be a match winner.