
Performance Analysis Workshop

County Cricket Coaches
Saturday 20th October 2012

Plan for today

- 9:00-10:00am- Introduction to performance analysis
- 10:00-11:00am - Training to improve performance: the role of the coach (PA)
- **BREAK**
- 11:30-12:30pm - Personality factors influencing performance
- **Time for questions**
- 13:00-14:00 - Biomechanics session

Introduction to Performance Analysis

Plan

- My background
- Six tasks
- Review



My Background

- MSc Sports Coaching and Post-Graduation Certificate in Learning and Teaching in Higher Education



University
of Worcester

City of Worcester
Gymnastics Club



GB BOXING



www.worcester.ac.uk

Task 1:

What do you want?

- On the post-it notes provided write what you, as a coach, wish to gain from these two performance analysis workshops this morning?



Task 2:

Counting game

How many times does the letter
"i" appear on the slide?

Finished files are the result of years
of scientific study combined with the
experience of many years.

Task 2:

Counting game

- There were 15 of the letter “i” on the slide
- Why was there such a wide range of answers or why could there be?

Task 3:

What is performance analysis?

- In pairs, spend 5-10 minutes discuss what do you think performance analysis is and what do you think it can achieve?



Task 3:

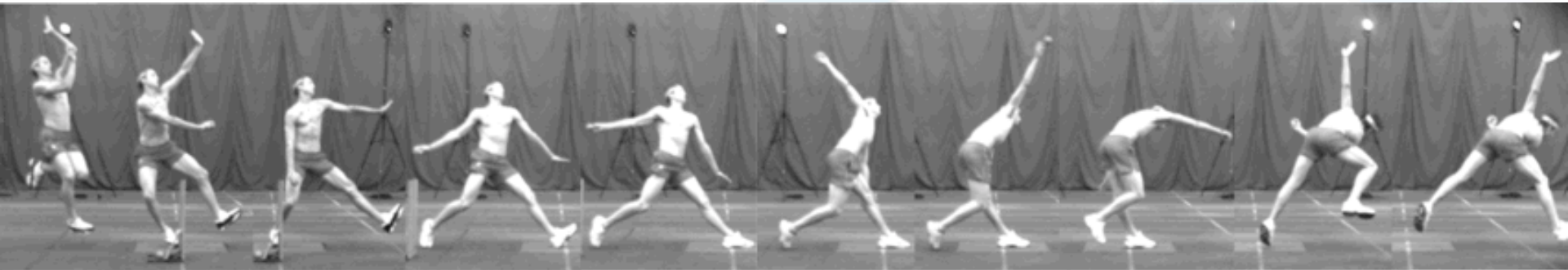
What is performance analysis?

- Performance analysis is the provision of objective feedback to performers trying to get a positive change in performance. Essentially it is about telling the athlete what actually happened as opposed to what they perceived to be happening.
- Objectively viewing of performance
- Identify strengths and weaknesses of performance
- Detailed assessment of players
- Method of giving more accurate feedback

Task 4:

How does it relate to cricket?

- In pairs spend 10 minutes thinking how performance analysis can be used within cricket?



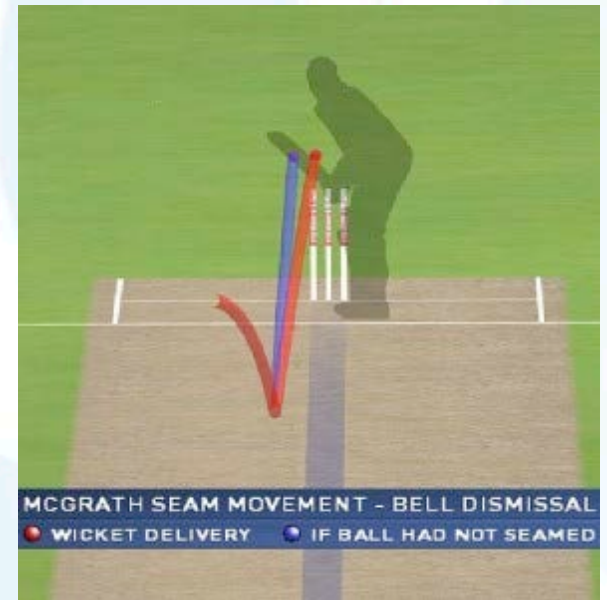
Task 4:

How does it relate to cricket?

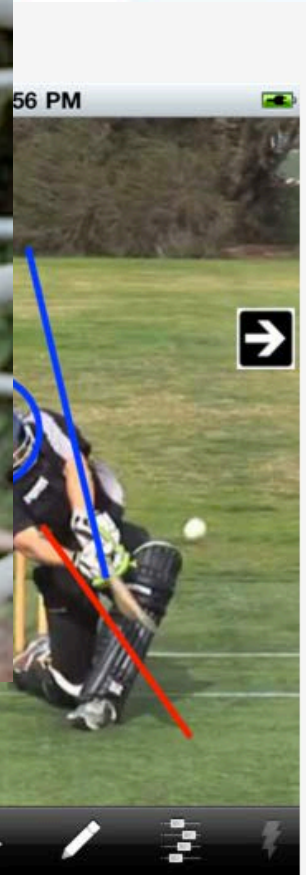
- Require objective data to improve performance
- Identification of individual's strengths and weaknesses
- What answers did you discuss?

Task 5: Equipment

- In pairs, spend five minutes thinking what equipment you require to use performance analysis with your cricketers?



Task 5: Equipment



From Camera Roll

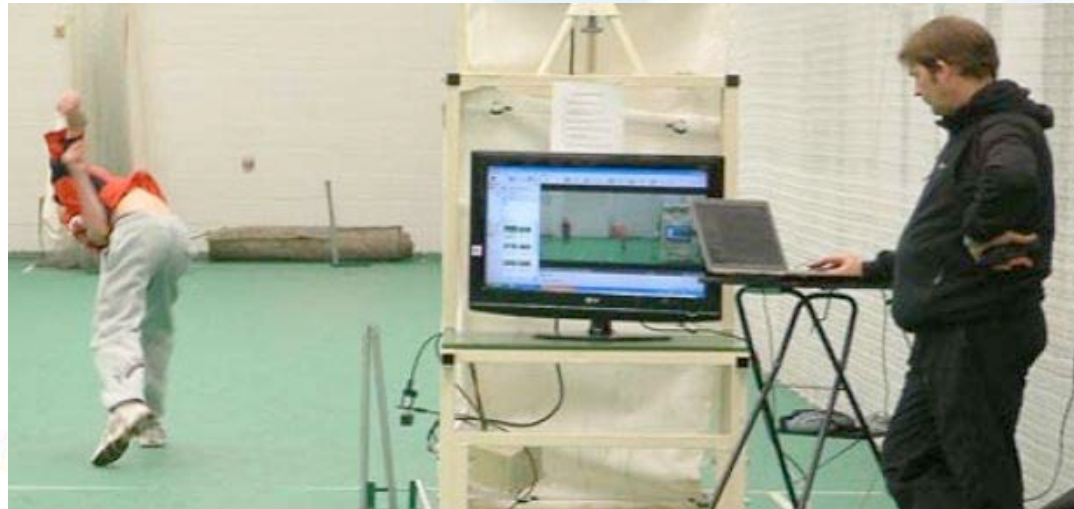
Synchronize point is set

Cancel

Task 6:

Application into Practice

- In pairs, how can you use the equipment and performance analysis presented to improve performance amongst your cricketers?



Training to improve performance: the role of the coach (PA)

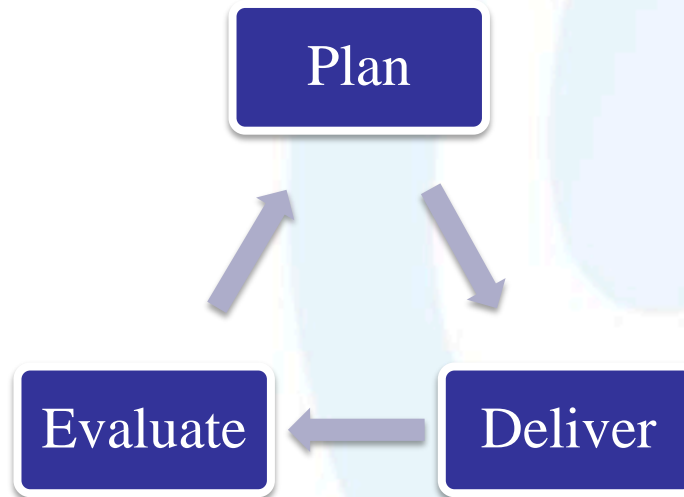
Plan

- Coaching Process
- Plan
- Deliver
- Evaluate

- Summary



Coaching Process



Where does performance analysis fit into these three phases?

Task 1:

What is important?

- In 3 equal groups, you will be assigned either:
 - Bowling
 - Batting
 - Fielding
- You must identify all of the important aspects required to complete this performance

Task 2: Plan

- In your groups discuss how can use performance analysis to help other coaches and yourself plan an effective session?



Task 3: Deliver

- In your groups discuss how can use performance analysis to help other coaches and yourself deliver an effective session with players receiving immediate feedback?



Task 4:



hb studios



hb studios

BATTING STATS

EXHIBITION MATCH

MASTER'S BLASTERS

	BALLS	FOURS	SIXES	TOTAL
S.TENDULKAR	51	2	0	31
M.HAYDEN	105	6	1	61
A.GILCHRIST	69	4	1	43
S.JAYASURIYA	44	6	0	27
R.PONTING	5	2	0	8
B.LARA	4	1	0	4
S.WARNE	11	3	0	13
S.POLLOCK	6	2	0	8
MURALITHARN	10	0	0	0
SHOAIB AKHTAR	0	0	0	0
G.MCGRATH				

1ST INNS

2ND INNS

3RD INNS

4TH INNS

Debrief

- What have we learnt?
- How can you utilise the information you have learnt today in your own coaching?



Any Questions?

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