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
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
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

Plan

Evaluate

Deliver

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:

• In your groups, discuss how can use performance analysis to help other coaches and yourself evaluate the effectiveness of a session and provide post-event feedback to your players?
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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