

The Essential Mandate Requirements for the Students to Performance at Best

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ABSTRACT:

This paper seek to pride a comprehensive description of Sports Performance Analysis, its purpose and its broad possible applications. The paper will summarise the approach of different types of performance analysis, and will show how it helps the sports person, coach and manager. The main focus of this paper is how Sports Performance Analysis can help coaches and athletes to analyse and improve sports performance.

Keywords: Performance Analysis, Sports Performance.

INTRODUCTION

Performance Analysis provides the athletes and coaches with objective information that helps them understand performance. This process is underpinned by systematic observation, which provides valid, reliable and detailed information relating to performance. Performance Analysis can help enhance the coaching process by providing statistical and video information. This objective data facilitates enhanced feedback between coaches and athletes. Subsequent interventions can then lead to a greater performance impact.

What is Performance Analysis?

Performance Analysis is a specialist discipline involving systematic observations to enhance performance and improve decision making, primarily delivered through the provision of objective statistical and visual feedback. Performance Analysis is driven by sports needs to understand and improve tactics, technique, and movem^{ent} achieved through the delivery of real and lapsed time objective feedback. Discipline focuses on enhancing interventions within the coaching process to elicit a performance gain and augment learning.

Types of performance analysis?

Performance analysis consists mainly of biomechanical and notational type analyses. Other types are 'tests' questionnaires and video analysis. Biomechanical and notational type techniques have a number of things^s ¹¹¹ common but also differ in significant ways. However both emphasise the development of systematic techniqu^{es} Of observation and have 'key events' as important features of their theoretical foundations.

How does Sport Performance Analysis

To achieve continued success, coaches and athletes need to understand what game plans, strategies and changes successful or unsuccessful. Using sport Performance Analysis these observations are based on measured statistics rather than guess work.

Using sport Performance Analysis makes it easier to observe elements that make up a good or bad performance. To achieve repeated success athletes must know and understand what they have done to make them successful/ unsuccessful.

Benefits for Athletes-

Improved technical and tactical knowledge

Improved decision making

Improved confidence does Sport Performance Analysis benefit Coaches?

The Performance analysis has become an essential tool for coaches, athletes, sports organisations and academic researchers. Collecting and interpreting performance data enables coaches to improve their training programmes, athletes to make better tactical decisions, sports organisations to manage teams more effectively, and researchers to develop a better understanding of sports performance. Performance analysis is a vitally important tool within the coaching process by virtue of a coach's need to provide purposeful information to enhance performance.

Benefits for Coaches-

Assists in understanding of athletes strengths and weaknesses

Enhances their own development and coaching practice

Enables in-depth review of performance

The advantages of performance analysis in sport:-

Sport Performance Analysis gives coaches objective information which is used to optimise team and player performances.

Here are some of the advantages of using performance analysis in sport.

Performance analysis provides factual, objective match information.

Performance analysis provides an overview of team skills including strengths and weaknesses.

Performance analysis can be a very useful tool when used to monitor and feedback team skills, strengths and weaknesses.

Performance analysis creates a record of performances.

Performance analysis helps your teams win more matches The advantages of performance analysis in sport and the reason so many professional, amateur and teams are Investing in performance analysis because it helps them win more matches.

CONCLUSION

Performance analysis has become an essential tool for coaches, athletes, sports organisations and academic researchers. Collecting and interpreting performance data enables coaches to improve their training programmes, athletes to make better tactical decisions, sports organisations to manage teams more effectively, and researchers to develop a better understanding of sports performance.

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