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| **Phase of skill** | **Weaknesses in my skill performance** | **Perfect technical coaching point** | **Impact of weakness on skill execution and overall performance** |
| **Preparation**  | *I take a* ***‘side-on’ stance*** *as the attacker is approaching* | *The top defenders in the premier league will* ***angle the stance somewhere between 45 and 180 degrees.*** *This allows them to change direction more quickly and in fewer strides (particularly important if the attacker is trying to dribble round them). In this position they can also ‘jockey’ the opponent on to their weaker foot.*  | *By standing side-on I am unable to show the attacker the way that I want them to go – usually this is away from goal. Not being side-on this means that I have to take more steps to turn around if the ball is played behind me.* ***My tackling leg is not in the ready position to e****xecute the tackle in time which means I am often guilty of late challenges which give away free-kicks. This puts my team under pressure and creates goal-scoring chances for the opposition.*  |
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| **Execution** |  |  |  |
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| **Recovery/ follow-through** |  |  |  |
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