**Techniques used by coaches, Performance Profiles**

**Performance Profile**

**Task – fill out an example using areas of psychological aspects.**

* Select 8 areas to assess the performance of the participant. Get them to rate their success at these elements out of 10. 10 being brilliant and 1 poor.
* Now as their coach do the same and compare the two results.
* Areas that need working on can be seen in the differences and similarities of the coach and participants scores.
* What are the advantages and disadvantages of using this as a method of assessing performance?

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| **Technique 3. Performance Profiling.** **Report Plan. Complete the table below to structure your use of performance profiling to assist you as a coach.** |
| **Description of what it is.** | **Reason for use and examples of how its filled in.** |
| **Performance profiling is when a coach analyses the performance of the athlete so that they can identify the strengths and weaknesses in different aspects of their performance, in order to do this, they will follow four steps.** **Combining the physical demands with the mental preparation needed to perform the profile allows the coach to combat any problems or mental blocks that affect the execution of skills.** | **The reason for coaches to use this is to identify the areas in which their athlete needs to improve on, therefore they can take the time to dedicate a number of training sessions in order to help the athlete increase their rating of that skill, quality or characteristic. As well as the reason for athletes using these is to increase their own self-confidence within skill once they know that they can do them, which will result in them becoming a better player when competing with a team or by themselves.****There are a number of stages in which need to be taken in order to fill out a performance profiling wheel. For example, the first stage is to outline the performance profiling process to the athlete and how it is going to be used, the second stage is to ask the athlete to identify the fundamental qualities and characteristics of an elite athlete within their sport, they must choose 15-20 key psychological/technical/physical attributes. The third stage is rating each criteria, and the final stage is to identify the areas in which need to be addressed in training therefore a plan needs to be created.** |
| **Advantages of using it as a coach and to the performer.****An advantage of using a performance wheel from a coach point of view, is that this will enable them to see what the athlete thinks they’re strong and what their weak points are, resulting in the coach being able to see what they need to improve.****From an athlete point of a view, an advantage of this is that it could result in the athlete getting boosted motivation to play well and improve, it can boost it so they get a better score on the performance wheel and therefore play better and be more motivate to do better.** | **Disadvantages of using it as a coach and to the performer.****The disadvantages of using this as a performer, is that the performer might under estimate how good they are, meaning it isn’t accurate, resulting in the athlete not getting reasonable results because they have had too little confident I themselves which will affect their results.****The disadvantages of having using these wheels as a coach, is that if the performer doesn’t believe in themselves and lacks confident, there results won’t be accurate, therefore if the results aren’t accurate, this will result in the coach aiming to train the wrong things, for example, if the athlete put themselves down for a bad backhand and a good forehand, however the athlete has a good backhand they were just being modest, this will result in the player getting trained to do something he is already good at, instead of training something he needs working on.** |
| **What I think and why? (Would you use it?) (what it allows me as a coach to do) (what it gives the performer) limits and expectations of it as a coaching tool.**I think that a performance wheel is good because it allows the players and their coaches see how their performance is, and whether they need to improve on certain skills where they would practice on it more. It shows which specific skills a performer needs to improve on and what they are already good at doing. I would use a performance wheel as a performer because it allows me to self-assess myself and what skills I can do, as well as what I need to learn or work on more so I can improve my skills. It gives the performer an idea themselves of what they should work on more, and to stop training on the skills they have already perfected. I would also use it as a coach because it means that I can look at what my participants are good and what they need to improve on, so I can give each individual a target in training, and give them drills for their specific weakness so they are able to improve it. It allows the coach to make better decisions when trying to help an individual, and help them come up with the drills they should do, while demonstrating how to do the skills correctly and effectively.  |