

Name: _____ P. _____ Date: _____

Sport Analysis

Worksheet 3.2

Instructions:

1. In the first column, make a list of the basic components that make up your sport. What does someone need to have/do to be successful in your sport? The first 3 -5 items should be generals. The next 5 – 7 should be specific skills.
2. In the next column, write the percentage of the time that you “get it right.”
3. In the third column, write Yes or No to describe whether you consider this a weakness. (Tip: Look for the components with the lowest percentages.)
4. In the fourth column next to each identified weakness, write out a brief plan for improving that weakness.

	Component	%	Weakness?	Plan for Improvement
Example:	<i>Flexibility</i>	<i>70%</i>	<i>Yes</i>	<i>Daily stretching before and after practice</i>
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				