

# FACTORS IMPACTING ON PERFORMANCE

OUTCOME TWO

# Monitoring your training

## ► Why do we monitor our training?

- To see if our development need is improving.
- To ensure that our training is effective and appropriate to individual needs.
- To ensure our improvement rate doesn't plateau - *progressive overload*.
- By identifying improvements this will help keep motivation and confidence level high.

## ► From the information above construct a paragraph which develops 3 of the above points which is personal to you and your most recent training programme.

I monitored my training throughout my training programme for a number of reasons. I wanted to make sure that my action (contacting the shuttle with a straight arm) phase was getting better. This confirmed that the training I was completing was effective. I also wanted to continue this improvement so knew that I had to challenge myself more and did so by increasing the intensity of some of my practises. By monitoring my training I identified improvements in my OHC and this made me more motivated to continue to work to improve and I was more confident to use my OHC.

# How do we monitor - partner task

- ▶ We have used a number of different methods of monitoring our training. With a partner name 2 methods and describe how/when you used these methods and what they identified.
- ▶ Example 1 - I completed a scattergraph at the start, middle and end of my training programme. My partner watched me perform 15 OHC's and recorded where they landed each time on the court, by marking a cross on a badminton court sheet. I could then compare my scattergraphs and I was able to identify that from the start to the middle I was hitting the shuttle further on more occasions and by the end of my training that 90% of my OHC's were landing in the target area at the back of the court.
- ▶ Example 2 - I recorded my own thoughts and feelings after every training session on a reflective log. This allowed me to detail how I thought and felt I was progressing. I could then compare my thoughts from week 1 to week 3 and see that I was becoming more confident and felt my OHC action technique was improving. This helped to motivate me to improve further and made me more confident when training and performing my OHC.

# Monitoring methods - for OHC

- ▶ Reflective log - Records personal thoughts and feelings about each training session. Can be used to record any injuries/illnesses/absences which may impact on development. Can allow progress to be identified over a period of time.
- ▶ Feedback - Recording peer/teacher/coach feedback can be used at a later date and compared to see if feedback is changing and showing improvement in development need. Information and positive comments from others can help boost motivation and confidence.
- ▶ Scattergraph - Completed a scattergraph as a method of collecting data. After 2 weeks and at the end of training completed another scattergraph and compared them to previous scattergraphs. This allowed improvements to be seen in the distance and placement of the OHC and proved the training was working.
- ▶ PAR analysis - I repeated a PAR analysis during my training programme to see if I had improved my action phase of my OHC technique, this allowed me to identify if my training was working and allowed me to identify what next steps/adaptations I needed to make to my training.