
Overview

Tactical skills are vital to achieving excellence in your sport. You will be working with experienced and proficient coaching staff. However, you also have an important role to play in improving your tactical performance.

It is important that you can:

- understand the tactical demands to achieve excellence in your sport
- compare your own level of performance and potential with these tactical demands
- understand and agree the main goals you need to set to achieve tactical excellence
- work with your coaching and or other staff to plan a development programme that will help you to achieve tactical excellence
- take part in the development programme to the best of your ability
- contribute to ongoing assessments of your performance and help to improve your tactical development programme
- apply your tactical skills at all times, particularly in a competitive situation
- evaluate how well you applied your tactical skills at all times, particularly in a competitive situation
- identify the key lessons for your future improvement.

The standard is divided into two parts. The first part describes the three things you have to do. These are:

- 1. Identify and agree a development programme to improve your tactical skills**
- 2. Implement a development programme to improve your tactical skills**
- 3. Apply and evaluate your tactical skills at all times, particularly in a competitive situation**

The second part covers the knowledge and understanding you must have.

Target Group

This standard is for athletes who have the realistic potential to achieve excellence in their sport and are seeking to perform at the highest level.

**Performance
criteria**

Identify and agree a development programme to improve your tactical skills

You must be able to:

- P1 work with your coaching and or other staff to agree the tactical demands for excellence in your role(s)
- P2 work with your coaching and or other staff to analyse your own level of tactical awareness and decision making and your potential for achieving excellence
- P3 provide your own views and opinions as part of the tactical analysis
- P4 agree with your coaching and or other staff your main priorities for achieving tactical excellence in your role(s)
- P5 work with your coaching and or other staff to identify **tactical goals** that meet your priorities
- P6 work with your coaching and or other staff to plan and agree a development programme to achieve your **tactical goals**

Implement a development programme to improve your tactical skills

You must be able to:

- P7 take part in the planned tactical development programme as agreed and to the best of your ability
- P8 study the analyses and follow instructions and demonstrations provided by your coaching and or other staff
- P9 contribute to ongoing assessments of your progress
- P10 provide feedback to your coaching and or other staff on how well the tactical development programme is meeting your needs
- P11 work with your coaching and or other staff to modify the development programme so that you can achieve your **tactical goals**

Apply and evaluate your tactical skills at all times, particularly in a competitive situation

You must be able to:

- P12 work with your coaching and or other staff to identify how to make best use of your tactical skills at all times, particularly in a competitive situation
- P13 discuss and agree with your coaching and or other staff how you can practise the necessary tactical skills before, during and after competition
- P14 take part in pre-competition tactical practices to the best of your ability
- P15 provide feedback to your coaching and or other staff on the effectiveness of pre-competition tactical practices and make suggestions for improvement
- P16 integrate your tactical skills with your technical, physical and psychological skills effectively at all times, particularly in a competitive situation
- P17 work co-operatively and objectively with your coaching and or other staff

to evaluate your tactical performance

P18 identify and agree with your coaching and or other staff how you can improve your tactical skills in competition and how to apply them

P19 discuss and agree with your coaching and or other staff how your **tactical goals** and tactical development programme can be improved

understanding

skills

You need to know and understand:

- K1 sources of information on the tactical demands and skills of your role in your sport and how to make best use of these
- K2 the tactical skills appropriate to excellence in your role in your sport
- K3 how to work best with your coaching and or other staff on improving your tactical skills
- K4 the types of assessments that are used to analyse tactics at your level in the sport and how to take part in these
- K5 the importance of providing your own views and opinions during the assessment of your tactical skills
- K6 the types of tactical priorities that athletes in your role may have to concentrate on to achieve excellence

Implement a development programme to improve your tactical skills

You need to know and understand:

- K7 the importance of setting, understanding and agreeing tactical goals to achieve excellence in your sport
- K8 the types of tactical goals that athletes at your level may need to set themselves
- K9 the main components of a tactical programme at your level in the sport and how they should help you to achieve your goals
- K10 the types of information that you can provide to coaching and or other staff to help them develop a tactical programme appropriate to your needs
- K11 the importance of committing yourself to a tactical programme and how to do so
- K12 how you can show that you are contributing positively to all aspects of the tactical programme
- K13 why it is important that you give your coaching and or other staff honest feedback on how well the tactical programme is meeting your needs
- K14 the types of things you should be feeding back on during the tactical development programme
- K15 ways in which a tactical development programme can be modified to meet your needs

Apply and evaluate your tactical skills, particularly in a competitive situation

You need to know and understand:

- K16 how to make best use of your tactical skills at all times, particularly in a competitive situation
- K17 the types of tactical pre-competition practices that can help you to prepare for competition and how to use them

- K18 ways in which you can help your coaching and or other staff to improve tactical pre-competition practices
- K19 the importance of making thorough and objective evaluations of your tactical performance at all times, particularly in a competitive situation
- K20 methods that can be used to evaluate tactical performance at all times, particularly in a competitive situation
- K21 how to contribute to evaluations of tactical performance
- K22 how to use evaluations to make further improvements to your tactical skills

Additional Information

Scope/range

1 Tactical goals

- 1.1 short term
- 1.2 medium term
- 1.3 long term
- 1.4 training
- 1.5 pre-competition practices
- 1.6 competition

Links to other NOS This standard links closely with SKAES11, SKAES13 and SKAES14.

SKAES12 SQA Unit Code H9AF 04

Develop your tactical skills to achieve excellence in your sport

Developed by

SkillsActive

SKAES12 SQA Unit Code H9AF 04

Develop your tactical skills to achieve excellence in your sport

Version number	1
-----------------------	---

Date approved	November 2012
----------------------	---------------

Indicative review date	November 2017
-------------------------------	---------------

Validity	Current
-----------------	---------

Status	Original
---------------	----------

Originating organisation	SkillsActive
---------------------------------	--------------

Original URN	SKAES2
---------------------	--------

Relevant occupations	Associate Professionals and Technical Occupations; Leisure, Travel and Tourism; Sport, Leisure and Recreation; Sports and Fitness Occupations
-----------------------------	---

Suite	Achieving excellence in sports performance
--------------	--

Key words	Develop; tactical; skills; achieve; excellence; sport
------------------	---