

## SKAES2 - SQA Unit Code F4BG 04

### Plan, apply and evaluate your tactical skills to achieve excellence in your sport



#### Overview

Tactical skills are important to achieving excellence in your sport. You will be working with experienced and proficient coaching staff. However, you also have an important contribution to make in improving your tactical performance. It is important that you can:

1. understand the tactical demands of excellence in your sport
2. compare your own level of performance and potential with these tactical demands
3. understand and agree the main goals you need to set to achieve tactical excellence
4. work with your coaching staff to plan a programme that will help you to achieve excellence
5. take part in the programme positively and to the best of your ability
6. contribute to ongoing assessments of your performance and help to improve your programme
7. apply your tactical skills in a competitive situation
8. evaluate how well you applied your tactical skills in a competitive situation
9. identify the key lessons for your future improvement

The unit is divided into two parts. The first part describes the three things you have to do.

1. Identify and agree a programme to improve your tactical skills
2. Implement a programme to improve your tactical skills
3. Apply and evaluate your tactical skills in competition

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

This unit is for athletes who have the realistic potential to achieve excellence in their sport and are seeking to perform at the highest level as their main career goal.

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### Performance criteria

*You must be able to:*

#### **Identify and agree a programme to improve your tactical skills**

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

*You must be able to:*

#### **Implement a programme to improve your tactical skills**

- P7 take part in the planned programme as agreed and to the best of your ability
- P8 where you are unable to take part in planned activities, make sure you have the agreement of your coaching staff and others involved in the programme
- P9 show commitment and determination when trying to achieve your tactical goals
- P10 study and follow the analyses, instructions and demonstrations provided by your coaching staff
- P11 contribute positively to ongoing assessments of your progress
- P12 provide feedback to your coaching staff on how well the programme is meeting your needs
- P13 work with your coaching staff to modify the programme so that you can achieve your tactical goals skills to achieve excellence in your sport

*You must be able to:*

#### **Apply and evaluate your tactical skills in competition**

- P14 work with your coaching staff to identify how to make best use of your tactics during competition
- P15 discuss and agree with your coaching staff how you can practise the necessary tactics before competition
- P16 take part in pre-competition practices to the best of your ability
- P17 provide feedback to your coaching staff on the effectiveness of pre-competition practices and make suggestions for improvement
- P18 integrate your technical, tactical, physical and mental skills effectively during competition
- P19 work co-operatively and objectively with your coaching staff to

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evaluate your performance in competition

P20 identify and agree with your coaching staff how you can improve your tactical skills and how you apply them

P21 discuss and agree with your coaching staff how your tactical goals and programme can be improved skills to achieve excellence in your sport

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### Knowledge and understanding

*You need to know and understand:*

#### **Identify and agree a programme to improve your tactical skills**

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

*You need to know and understand:*

#### **Implement a programme to develop your tactical skills**

- K6 the importance of tactical goal setting: short-, medium- and long-term;
- K7 events and competitions that are appropriate to short-, medium- and long-term tactical goals
- K8 the importance of understanding and agreeing the tactical goals you need to achieve
- K9 the types of tactical goals that athletes at your level may need to set themselves
- K10 the main components of a tactical programme at your level in the sport and how they should help you to achieve your goals
- K11 the types of information that you can provide to coaching staff to help them develop a tactical programme appropriate to your needs
- K12 the importance of committing yourself to a tactical programme and how to do so
- K13 why you must keep your coaching staff informed when you are unable to take part in coaching
- K14 how you can show that you are contributing positively to all aspects of the tactical programme
- K15 why it is important that you give your coaching staff honest feedback on how well the tactical programme is meeting your needs
- K16 the types of things you should be feeding back on during the tactical programme
- K17 ways in which a tactical programme can be improved to meet your needs; skills to achieve excellence in your sport

*You need to know and understand:*

#### **Apply and evaluate your own tactical skills in competition**

- K18 how to make best use of your tactics in a competitive situation
- K19 the types of tactical pre-competition practices that can help you to

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- prepare for competition
- K20 ways in which you can help your coaching staff to improve tactical pre-competition practices
- K21 the importance of making thorough and objective evaluations of your tactical performance in competition
- K22 methods that can be used to evaluate tactical performance in competition
- K23 how to contribute to evaluations of tactical performance
- K24 how to use evaluations to make further improvements to your tactics and the way you use them

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### **Additional Information**

**Scope/range  
related to  
performance  
criteria**

**Tactical goal**

1. short term
2. medium term
3. long term

**Links to other  
NOS**

This unit links closely with SKAES1, SKAES3 and SKAES4.

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**Originating organisation** SkillsActive

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**Relevant occupations** Associate Professionals and Technical Occupations; Leisure, travel and tourism; Sport, leisure and recreation; Sports and Fitness Occupations

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**Suite** Achieving Excellence in Sports Performance

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**Key words** plan, apply, evaluate, achieve, excellence, sport, tactical skill, active, leisure, learning, train, nutrition, physical fitness, perform