
Overview

Technical 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 technical performance.

It is important that you can:

- understand the technical demands to achieve excellence in your sport
- compare your own level of performance and potential with these technical demands
- understand and agree the main goals you need to set to achieve technical excellence
- work with your coaching and or other staff to plan a development programme that will help you to achieve technical 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 technical development programme
- apply your technical skills at all times, particularly in a competitive situation
- evaluate how well you applied your technical 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 technical skills**
- 2. Implement a development programme to improve your technical skills**
- 3. Apply and evaluate your technical 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 technical skills

You must be able to:

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

Implement a development programme to improve your technical skills

You must be able to:

- P7 take part in the planned technical development programme as agreed and to the best of your ability
- P8 study the analyses and follow the 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 technical 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 **technical goals**

Apply and evaluate your technical 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 technical 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 technical skills before, during and after competition
- P14 take part in pre-competition technical practices to the best of your ability
- P15 provide feedback to your coaching and or other staff on the effectiveness of pre-competition technical practices and make suggestions for improvement
- P16 integrate your technical skills with your tactical, 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 technical performance
- P18 identify and agree with your coaching and or other staff how you can improve your technical skills and how to apply them
- P19 discuss and agree with your coaching and or other staff how your **technical goals** and technical development programme can be improved

Knowledge and understanding

Identify and agree a development programme to improve your technical skills

You need to know and understand:

- K1 sources of information on the technical demands and skills of your role in your sport and how to make use of these
- K2 the technical 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 technical skills
- K4 the types of assessments that are used to analyse technical skills in your sport and how to take part in these
- K5 the importance of providing your own views and opinions during the assessment of your technical skills
- K6 the types of technical priorities that athletes in your role may have to concentrate on to achieve excellence

Implement a development programme to improve your technical skills

You need to know and understand:

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

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

You need to know and understand:

- K16 how to make best use of your technical skills at all times, particularly in a competitive situation
- K17 the types of technical 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 staff to improve technical pre-competition practices
- K19 the importance of making thorough and objective evaluations of your technical performance at all times, particularly in a competitive situation
- K20 methods that can be used to evaluate technical performance at all times, particularly in a competitive situation
- K21 how to contribute to evaluations of technical performance
- K22 how to use evaluations to make further improvements to your technical skills

Additional Information

Scope/range

1 Technical goals

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

SKAES11 SQA Unit Code H9AE 04

Develop your technical skills to achieve excellence in your sport

Links to other NOS This standard links closely with SKAES12, SKAES13 and SKAES14.

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Develop your technical skills to achieve excellence in your sport

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