



EduTrend Contents

W4C · TEAM SPORTS · HIGH SCHOOL

Performance Analysis

Collect match data and turn it into coaching decisions

Ages 15–18

Level: Advanced

75 minutes

Teams of 5–7

Activity 05

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 05 · AT A GLANCE

Performance Analysis

Students learn how analysts use notational analysis and key performance indicators. They design a data sheet, collect data during a game or from video, calculate percentages, create simple charts and present evidence-based recommendations to a team.

Learning outcomes

By the end of the session students can:

- explain notational analysis and key performance indicators;
- design and use a data collection system;
- calculate and present performance statistics;
- make evidence-based coaching recommendations.

KEY WORDS

performance analysis · notational analysis · KPI · possession · success rate · heat map · reliability · feedback

CURRICULUM LINKS

PE and sports science: analysis of performance. Maths: data, percentages and charts. Computing: spreadsheets.

1**WARM UP**

Raise, mobilise, prepare

2**LEARN**

Skill or idea

3**PRACTISE**

Drills and small games

4**PLAY**

Apply in a game

5**REFLECT**

What worked?

6**COOL DOWN**

Recover and review

Equipment (per group)

- A team game to observe, live or on video
- Clipboards and data sheets
- Tablets or computers with spreadsheet software
- Stopwatch
- Worksheets 1, 2 and 3

Before the session

- Arrange a match or a recorded game.
- Prepare example KPIs for the sport.
- Set up a spreadsheet template.
- Plan analyst and player roles.

SAFETY

Observers stand clear of the playing area. Use recordings only with consent of those filmed.

ACTIVITY 05 · SESSION PLAN

Step by step

Test the data sheet in a five-minute trial: most systems are too complicated at first.

Time	What happens	Say or ask
0–10 min Hook	Show a match statistics graphic.	<i>“How are these numbers collected?”</i>
10–25 min Design	Groups choose three KPIs and design a tally or coded data sheet.	<i>“Can one person record this reliably?”</i>
25–45 min Collect	Groups collect data during a game or video; two observers per KPI.	<i>“Do your two observers agree?”</i>
45–60 min Analyse	Calculate percentages and make charts.	<i>“What does the data tell us?”</i>
60–75 min Present	Groups present recommendations to the team.	<i>“What should the team practise next?”</i>

CHALLENGE CARD (print or copy onto the board)

Design a notational analysis system for three KPIs, collect reliable data, and present two evidence-based coaching recommendations.

ACTIVITY 05 · FACILITATOR NOTES

The sport science in brief

Performance analysis uses objective data to improve performance. Notational analysis records events such as passes, shots, turnovers and their outcomes, often using codes and tally sheets. Key performance indicators are the measures most linked to success, such as pass completion or shots on target.

Data must be reliable: two observers recording the same event should agree. Analysts combine numbers with video to give feedback that coaches and players can act on. Professional teams now use tracking technology, but simple tally systems are still powerful for schools and clubs.

Common ideas to listen for

- “More data is always better.” Focused KPIs are more useful.
- “Statistics tell the whole story.” Context and video matter too.
- “One observer is enough.” Checking reliability improves trust in data.

Adapting the activity

Support

Use a ready-made tally sheet for two KPIs.

Stretch

Compare two halves or two teams and test whether a difference is meaningful.

WORKSHEET 1

KPI design

Name: _____

Class: _____ Date: _____

Choose and define KPIs.

KPIs

KPI	Definition	How recorded
1		
2		
3		

WORKSHEET 2

Data and results

Record and calculate.

Results

KPI	Successful	Total	% success
1			
2			
3			

WORKSHEET 3

Coaching recommendations

Turn data into action.

Key finding

Recommendation 1

Recommendation 2

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Designs a reliable system	Calculates and presents data	Makes evidence-based recommendations

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Performance Analysis is a sample activity from the EduTrend Contents W4C Team Sports programme (high school, level: advanced). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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