

ANALYSIS : SPORT REQUIREMENTS

Identify the determining factors which affect performance with respect to the following components.

Athlète :

Arme : Men's Foil

Level : International

Age : 15

Goal : Cadet Worlds (Top 16)

Training volume: 3 h /day

15 h / week.

648 h /year

Here is my athletes profile :

Qualities		Maj.	Imp.	Mod.	Min.	N/A
Physical :	20%					
Strength					X	
Speed/reaction			X			
Power				X		
Flexibility		X				
Reaction speed		X				
Anaerobic alactic system				X		
Anaerobic lactic system			X			
Aerobic capacity		X				
Endurance			X			
Recovery			X			
Technical :	50%					
Position			X			
Footwork, balance		X				
Change of rhythm		X				
Weapon position			X			
Point progression		X				
Technical position/movement execution			X			
Lunge amplitude		X				
Tactical :	20%					
Variety of acitons		X				
Risk taking			X			
Variety of targets			X			
Strip position contol			X			
Distance control			X			
Observation of opponent			X			
Adaptation and execution fo actions			X			
Psychologique :	10%					
Concentration		X				
Activation			X			
Visualization			X			
Relaxation			X			
Preparation for competition			X			
Adaptating to jet lag				X		

LEGEND : MAJOR, IMPORTANT, MODERATE, MINOR, N/A
 % OF RELATIVE IMPORTANCE OF FACTORS INFLUENCING PERFORMANCE