ANALYSIS : SPORT REQUIREMENTS

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

Athlete : **Weapon : Womens Sabre** **Level : International**

Age : 19 **Goal : Junior Worlds (Top 8)**

Trining volume : 3-4 h/day **15-20h /week** **735/year**

Here is my athletes profile :

Qualities		Maj.	Imp.	Mod.	Min.	N/A
Physical :	**30%**					
Good coordination				X		
Resistance (A.L.S)			X			
Power (muscular qual.) A.A.S.		X				
Earobic(system) A.L.S.		X				
Flexibility			X			
Musc. Strength (legs)		X				
Musc. Strength (upper body)			X			
Balance (stability on the legs)		X				
Balance (upper body)				X		
Perception (distance and time)				X		
Change of rhythm			X			
Motor-skills				X		
Technical :	**20%**					
Un doigté souple et rapide				X		
Mechanical and dynamic footwork			X			
Repetition of offensive, defensive and counter offensive actions. (well coordinated but not telegraphed, etc…)		X				
Stability of upper and lower body parts. Fixed witht respect to moving segments				X		
Dynamical hand and foot mechanics.		X				
Control of return with rhythm. Variation from offense to defense.		X				
Tactical :	**35%**					
Clarify choice of tactical actions and repeat with successfuly.		X				
Variation of tactical execution from offense to defense.		X				
Bout observation			X			
Master distance and tempo while varying speed			X			
Psychological :	**15%**					
Self-confidance		X				
Modesty (recognise competance)				X		
Work ethic (don't give up)		X				
Consistancy (training and competition)		X				
Funr (enjoy new challenges)		X				
Creativity		X				
Passion (enjoy what your doing)		X				
Mental preparation (techniques)			X			

LEGEND : MAJOR, IMPORTANT, MODERATE, MINOR, N/A

% OF RELATIVE IMPORTANCE OF FACTORS INFLUENCING PERFORMANCE