ANALYSIS : SPORT REQUIREMENTS

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

Athlete : **Weapon : Men's Epee** **Level : International**

Age : 28 **Goal : World Championships (Top 3)**

Training volume: **4-5 h/day** **20-25 h /week** **950 h/year**

<u>Here is my athletes profile</u> :

Qualities		Maj.	Imp.	Mod.	Min.	N/A
Physical :	**35%**					
Aerobic system		X				
A.L.S.- (intervals)		X				
Musc. power (plyometrics)		X				
A.A.P. (speed)		X				
Musc. strength. (legs)			X			
Musc. strength. (upper body)				X		
Flexibility		X				
Recuperation			X			
Technical :	**15%**					
Supple and quick fingerwork				X		
Stable non-reactive hand			X			
Footwork mechanics		X				
A good repertoire of defensive, offensive et counter-offensive actions		X				
Stability and balance on the legs		X				
Change the speed of an action (slow-fast)		X				
Execution (perfection) of action			X			
Development of new actions				X		
Dynamic footwork		X				
Tactical :	**30%**					
Sang-froid (bluff)			X			
Variation (and control) of distance		X				
Variation of tactical execution from offense to defence		X				
Calculated risk taking and creativity			X			
Strip control		X				
Theme matches			X			
Observation and analysis of opponent			X			
Have a bout plan		X				
Observation of bout			X			
Psychological :	**20%**					
Self confidance		X				
Concentration/focus		X				
Relaxation			X			
Activation			X			
Visualization		X				
Plan for Worlds/Olympic Games		X				

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

% OF RELATIVE IMPORTANCE OF FACTORS INFLUENCING PERFORMANCE