

**Task 1**

**Sports Studies Handball Drills**

The first skill that I am improving is:

<u>Drill</u>	<u>How to complete the drill</u>	<u>Coaching points</u>	<u>Progressions</u>
Pre-Test			
1			
2			
3			
4			
5			
6			
Post-Test			

The second skill that I am improving is:

<u>Drill</u>	<u>How to complete the drill</u>	<u>Coaching points</u>	<u>Progressions</u>
<b>Pre-Test</b>			
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>5</b>			
<b>6</b>			
<b>Post-Test</b>			

## Task 2

### Update Sports Activity Logs

Date	Level of competition	Role/position / events	Notes
09/10/22	Football Training	Midfielder	Light session with basic fitness and working on ball control. The session ended with a small, sided game.
11/10/22	PE lesson		Focus of the lesson was shooting. I was working on shooting from outside of the box aiming for targets in the corners.
14/10/22	School Game	Midfielder	I played midfield – one of my strengths in the game was short passing and we won 3-1.
15/10/22	Cup game	midfielder	I played a full 90 mins one strength was winning the ball back and tracking back well which led to a 3-0 win
18/10/22	friendly	midfielder	It was 30 mins each half and I played 45 mins I worked on new techniques to use in competitive games since it was just a friendly
20/10/22	Football training	Midfielder	Tough session we worked on cardio, for example we did a bleep test, and we also ran with parachutes
21/10/22	Pe lesson		The focus of the session was passing and crossing, I was aiming to improve my deliveries into the box
25/10/22	League game	midfielder	I played a full 90 playing as a track back midfielder, I was told to play deep in our halve and work on winning the ball back
28/10/22	Friendly school	Left wing	This game I was working on running the line and