*STAMFORD COLLEGE FOOTBALL ACADEMY LEVEL 3*

*Summer Assignment Task 25/26*

*Part A: Using microsoft word or google docs, explain FOUR qualities (inside you) that are needed & FOUR responsibilities (for the team) required of YOUR position in football. Explain the reasons for each one. You should end up with 8 explained paragraphs. Do some research on your position !!!*

*E.g a right back will need the following qualities……. to take criticism, to show commitment etc & a responsibility may be marking on set pieces & arriving on time for game meet time etc*

*Part B:*

*Copy these tables underneath Part A and complete the table for the Skills Classifications and Types of Practice within Sports Coaching.*

| **Letter Code** | **Skill Classification** | **What is it ? Outline examples when this skill would be used in sport and why?** |
| --- | --- | --- |
| **A** | Open |  |
| **B** | Closed |  |
| **C** | Gross |  |
| **D** | Simple |  |
| **E** | Complex |  |
| **F** | Discrete  Serial  Continuous |  |
| **G** | fine |  |

| **Code No** | **Types of Practices** | **What is it ? What skill classification does it work best with?** |
| --- | --- | --- |
| **1** | whole |  |
| **2** | part |  |
| **3** | Whole-  Part-  whole |  |
| **4** | Variable |  |
| **5** | Fixed |  |
| **6** | Massed |  |

To be handed in Monday 1st September 2025 to Justin Osborne

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