

MATCH ANALYSIS AND WHY WE USE IT

1. An **Objective** Way to analyze a **Subjective** situation.
2. Identifies the **Strengths** and **Weaknesses** of your own team and those of the opposition.
3. Deals with the **Specifics** of a game and enables the coach to produce a **balanced** view of the game as a **half time team talk** or in preparation for the **next game**.
4. Identifying weaknesses can help you **plan** your next coaching sessions so your team can practice to improve for **future games**.
5. Can see **individual** or **team** weaknesses and specific sessions can be performed based on the analysis. It may require several practices over a short time period if the problem identified is crucial to the team performance.
6. Can produce a **Measurable Performance Outcome** of the team based on the numbers.

The analysis must be used in conjunction with your own **observations** of what is happening during the game.

The analysis can be tailored to your own needs, even just keeping statistics on a few of the areas mentioned will help you as a coach identify more effectively what is happening in the game and give you a better chance to effect the correct changes to improve the situation in the game.

Over a period of time several areas of weakness will be identified that, by working on, may help you gain success in later games by better planning of coaching practices and preparation for games. Players and team strengths identified can also be worked upon to make them even stronger and more effective.

Over time by regular use it becomes easy to pull out specifics of analysis that could help you influence the course of a game. From this, with your observation qualities, your reading of the game and decision making during it will improve immeasurably.