Kin 710 ONB1 Technology Implementation Project

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March 2nd, 2014

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**Needs of Target Population/Community - What is the need?**

This technology plan is for soccer players who would like to improve or master ball striking skills. Soccer players must be able to consistently and accurately pass and shoot the ball to be successful on the soccer field. Athletes of all different skill levels can benefit from this training plan that improves ball striking abilities.

**Identify A Problem And Its Causes - Why do you need this? How will it help?**

Athletes do not typically work on improving their ball striking skills. They often lack a regular practice setting, knowledge of specific areas in need of development, and constructive feedback to maximize skill improvements. Prioritizing a program with skill development and video analysis will significantly improve every athlete’s ball striking abilities.

This program will allow athletes to practice specific technical skills informed by video analysis that will strengthen their technical abilities. Because skills are learned they can be improved with practice. Motor learning and performance states that “when people decide they want to learn a motor task and begin practicing it, the resulting performance becomes a vehicle for determining the appropriate pattern of movement, refining it as needed, and making it more controllable (Schmidt, & Wrisberg 2008, pg. 14).”

CoachesEye is a phone application that allows you to record videos that contain many features to analyze any action or motor movement. CoachesEye allows you to watch videos in slow motion, zoom in at all times, pause video at any time, compare videos, and much more. This training program features CoachesEye to analyze athlete’s ball striking movements so that athletes and coaches can analyze and improve athlete’s motor movement. Video Analysis helps athletes use imagery, known to be the most common method used by coaches to enhance performance (Weingberk and Gould). Evidence-based applied sports phsycology supports the use of Video tools to aid the development of skills. “Video-Based mental Programming (VBP) is a more direct intervention modality that accesses and uses visual processing to facilitate, especially motor and technical performance(Carlstedt, Roland A, Pg. 303).”

**Organizational Description - what school/group will this benefit?**

The target group for this proposed program is Petaluma United U12 Girls Soccer Team. However, it will also benefit any youth, high school, college, or professional soccer team.

**Define the Solution: What do you want**

To implement a technical training program featuring the CoachesEye application that focuses on ball striking development through video analysis so that athletes can improve and master ball striking abilities.

**GOALS - What do you hope will happen if you get this?**

Coaches eye is a tool that helps me objectively identify areas in need of development. The CoachesEye program helps analyze the progressive movement of the body so that the athlete can see where their shoulders, core, knee and foot line up at the moment of impact. If I can help soccer players visualize where their core is out of line, or their foot position is misplaced then I can help coach the athlete in development. CoachesEye will also provide visual corrections to their movement. The CoachesEye program will specifically help me coach an athlete so that he or she will improve ball striking technique. This will translate into more effectiveness and success on the soccer field. Using video analysis is a great way to help athletes expedite skill development. “Video analysis is often overlooked in the context of mental training techniques to consolidate the learning of motor skills and the development of new and better techniques and technical skills” (Carlstedt, Roland A, Pg. 305).

**Budget - How much will it cost? What do you need? Where will you get it?
apps…**

This technology requires a Smartphone with a camera and the ability to download the “Coaches Eye application.” The application’s cost is a one-time fee payment of $6.99 which includes unlimited use. This program is great because the only significant cost is a smartphone with a camera.

**Evaluation - How will you know it accomplished what you hoped it would accomplish?**

This program will be successful if individual athletes improve their ball striking abilities. Ball striking abilities will be measured by a weekly ball striking test. If athletes are improving their skills then their weekly assessment will reveal their progress.

**Objectives - Specific outcomes/objectives**

Athletes will be expected to demonstrate improvement in ball striking and will be assessed through the shooting tests. Athletes are expected to demonstrate the coaching cues that are provided for each specific skill. For the power shot, athletes are expected to strike the ball with their laces with ankle locked, plant foot next to the ball aimed towards the target, and follow through after contact. Through the video analysis, players can see the coach’s suggested areas for correction and offer them visualization of how to improve. This will also give athletes motivation and confidence to be practicing skills on their own time.

**Plan - How do you implement this on a daily/regular basis ? (i.e., how can you assure this will get used the way you intend for it to be used)**

The CoachesEye training program is a six week program, with one training session per week. This will be an individual training program where athletes receive one on one instruction from the coach. After the six week program is completed, the athlete’s performance and level of understanding will dictate whether trainings will continue to focus on these skills or move onto new skills.

**Activities and Timeline - Specific steps to pull the pieces together**

The different ball striking skills to be worked on for this program are a power shot, placement shot, inside of the foot shot, outside of the foot shot, long ball pass, and driven ball pass. There is no specific timeline for these skills because the timeline will be determined on how well the athletes have learned and mastered the specific skills before new skills are learned.

**Impact - How many students will this help? What extent of "help" will it provide?**

This will help all athletes improve in their technical ball striking abilities. Improvements in these skills can drastically aid athlete’s performance in soccer. Prioritizing these skills will ensure that athletes are maximizing their potential in skill development. Bill Parcells stated, “People perform most reliably when they’re sure they can handle the task at hand- and that sureness comes only with specific preparation (Parcells, Bill, 1995, pg. 143).” Prioritizing ball striking skills and the use of video analysis will help athletes demonstrate necessary skill improvements and an increased level of confidence.

**References**

Carlstedt, Roland A, (2013). Evidence-based applied sport pychology: a comprehensive study.

New York; Springer Publishing.

Parcells, Bill (1995). *Finding a way to win: the principles of leadership, teamwork, and motivation- 1st edition.* Bantam Doublday Dell Publishing Group Inc.

Richard A. Schmidt, & Craig A. Wrisberg (2008). Motor Learning and Performance with Web Stud- 4th Edition: A situation-Based Learning Approach. Human Kinetics.

Robert S. Weinberg, & Daniel Gould (2003) Foundations of Sport and Exercise Psychology-3rdEdition. Human Kinetics.

**Coaches Eye Lesson Plan #1**

**Mission:** To improve technique and results of a power shot.

**Objective:** Athletes show technical improvement in demonstrating a power shot.

**Materials:** Soccer balls, Cones, Goal, Smart Phone with Coaches Eye Application.

**Time:** 25 Minutes

**Lesson Procedures**-

1. Warm Up- Run, and dynamic stretching (7 minutes).

2. Review and demonstrate proper technical cues for a power shot. Head down, strike with laces and ankle locked, plant foot next to the ball aiming towards the target, and leg swing follow through (2 minutes).

3. Practice power shot- Athletes stand 20 yards in front of the goal. Athletes take a touch and strike the ball while it is moving. Athletes must hit a driven power shot in the goal, without the ball touching the ground (6 minutes).

4. Record a few of the athlete’s power shots, both left and right foot. (1 minutes).

5. Analyze video with player, reviewing and discussing the four learning cues for proper technique (3 minutes).

6. Practice power shot after analysis- Athletes stand 20 yards in front of the goal. Athletes take a touch and strike the ball while its moving. Athletes must hit a driven power shot in the goal, without the ball touching the ground (4 minutes).

7. Power Shot Test- Athletes stand 20 yards in front of the goal. Players must touch the ball before shooting so that the ball is moving. Players score by shooting the ball with their laces in the goal without the ball touching the ground. Players get 10 shots with their right foot, and ten shots with their left foot. They will earn a score between 1-20 depending on how many goals are scored (2 minutes).

**Coaches Eye Lesson Plan #2**

**Mission:** To improve technique and results of a placement shot.

**Objective:** Athletes show technical improvement in demonstrating a placement shot.

**Materials:** Soccer balls, Cones, Goal, Smart Phone with Coaches Eye Application.

**Time:** 25 Minutes

**Lesson Procedures**-

1. Warm Up- Run, and dynamic stretching (7 minutes).

2. Review and demonstrate proper technical cues for a placement shot. Head down, strike with side of the foot and ankle locked, plant foot is next to the ball pointed towards the target (2 minutes).

3. Practice placement shot- Athletes stand 15 yards in front of the goal. Athletes must take a touch and shoot the ball in the corner of the goal (corners are marked with cones, 6 minutes).

4. Record a few of the athlete’s placement shots, both left and right foot. (1 minutes).

5. Analyze video with player, reviewing and discussing the three learning cues for proper technique (3 minutes).

6. Practice placement shot after analysis- Athletes stand 15 yards in front of the goal. Athletes must take a touch and shoot the ball in the corner of the goal (corners are marked with cones, 4 minutes).

7. Placement Shot Test- Athletes stand 15 yards in front of the goal. Players must touch the ball before shooting so that the ball is moving. Players score by shooting the ball with the side of their foot in the corner of the goal (corners marked by cones). Players get 10 shots with their right foot, and ten shots with their left foot. They will earn a score between 1-20 depending on how many goals are scored (2 minutes).