



Accredited

# OCR LEVEL 3 CAMBRIDGE TECHNICAL CERTIFICATE/DIPLOMA IN SPORT

## PRACTICAL TEAM SPORTS

R/502/5634

LEVEL 3 UNIT 7

GUIDED LEARNING HOURS: 60

UNIT CREDIT VALUE: 10



# PRACTICAL TEAM SPORTS

R/502/5634

LEVEL 3

## AIM OF THE UNIT

One of the key components of sport is team work, regardless of what level you play at. Not only do you need to know the dynamics of how a team works and plays but you need to have an understanding of your own role within a team to best be able to perform in it and to make improvements both in your own performance and in that of the team as a whole.

By completing this unit, learners will develop their skills, techniques and use of tactics/strategies in selected team sports, as well as their understanding of the rules to allow them to progress and make improvements in those sports. They will be able to analyse and suggest improvements on their own performance and also the performance of others within selected team sports.

## PURPOSE OF THE UNIT

This unit will help the learner to know what is required in order to become a successful sports performer in a team sport. To participate in any sport it is essential for the participants to be able to understand and perform a wide range of skills and techniques related to the specific activity. It is also important for participants to know the rules, regulations and the role of officials. Successful performers possess the ability to apply tactics and strategies related to the activity effectively and are able to evaluate performances and suggest ways to improve. This unit allows the learner to start to develop the ability to analyse sports performance which gives them the opportunity to progress to gaining national governing body coaching awards for sports that they have an interest in. Should they do this they would then have an opportunity to work with young children delivering coaching sessions.





## DELIVERY GUIDANCE

**LO1** For this unit learners are assessed in two different team sports. It would be beneficial for learners to be given the opportunity to participate in a range of team sports so that they can select preferred activities as well as learning a host of new skills, techniques and tactics/strategies. Tutors could introduce learners to sports that are new (e.g. handball, lacrosse, volleyball) rather than the more popular sport (e.g. association football, hockey). Once the sports have been chosen tutors could use live performances or video evidence to observe a range of skills and these could be used to discuss techniques and tactics. During each performance learners should be able to display a variety of skills, techniques and tactics/strategies which are used in sporting activities.

Types of skills:

- Simple skill (e.g. transferable between a number of sports such as running)
- Complex skill (e.g. tend to be specific to a sport (non-transferable) such as a tennis serve)
- Open skill (e.g. adaptable depending on the environment such as a pass in football)
- Closed skill (e.g. performed in a stable environment such as a free throw in basketball)

Learners have to demonstrate, practical skills and techniques for the different sports. Discussion could lead to learners recording the skills and techniques for their team sports. Learners could then record their ability to perform the skills alongside. Learners should list the basic skills for their sports.

**LO2** Learners need to know the rules and regulations of two team sports. The learners should use the sports chosen in LO1. These sports should also be followed through for LO2 and LO3. Learners should have knowledge of rules and regulations – rules regarding how to start the game, infringements, method of scoring and how to win. Regulations about size of pitch, equipment, clothing, length of game. Tutors could use videos to illustrate rules, regulations and scoring systems of the selected sports.

**LO3** Learners need to be able to assess their own performance in selected team sports. Learners could use statistics and data when reviewing sports performance. Depending on the sport this could include information gained from performing skills (e.g. accuracy of shot making, length of rallies, movement, ability to read the situation,

footwork, scoring)

Strategies to improve performance could include the following: altering context of performance (e.g. playing against better players/teams can improve performance ), different training methods (e.g. breaking down techniques into parts), use of tools to aid evaluation (e.g. match analysis, video analysis, etc)

Learners can review the performance of a team in a sporting activity by asking the following questions:

- What are the key skills in the activity?
- Which key skills are strengths?
- Which key skills are weaknesses?
- Where/how can the skills be developed?

**LO4** Learners need to be able to assess the performance of teams in selected team sports. Where possible it would be beneficial for learners to assess sports that they either participate in themselves or have detailed knowledge of as this will make the task easier and more relevant.

Learners could use statistics and data when reviewing sports performance. Depending on the sport this could include information gained from performing skills (e.g. accuracy of shot making, length of rallies, movement, ability to read the situation, footwork, scoring)

Strategies to improve performance could include the following: altering context of performance (e.g. playing against better players can improve performance ), different training methods (e.g. breaking down techniques into parts), use of tools to aid evaluation (e.g. match analysis, video analysis, etc)

Learners can review the performance of others in a sporting activity by asking themselves the following questions:

- What are the key skills in the activity?
- Which key skills are strengths?
- Which key skills are weaknesses?
- Where/how can the skills be developed?

## GUIDANCE ON ASSESSING THE SUGGESTED TASKS

**LO1** Learners must know the skills, techniques and tactics required in selected team sports. This can be evidenced in the form of a DVD recording, which shows the range of skills, tactics and techniques required for the two individual sports. Evidence could also come from a DVD recording demonstrating the learner fulfilling the roles of a participant in the chosen sporting activities accompanied by a tutor witness statement.

**LO2** Learners must describe the rules and regulations of two different team sports, and apply them to three different situations for each sport. Understanding of rules and regulations could be assessed through observation and recording of practical application rather than knowledge where learners undertake a variety of roles (e.g. referee, umpire, line judge, timekeeper) in practical sessions delivered. Tutors might use case studies, preferably practical case studies, for the three different situations. This could be evidenced in the form of a handbook and a witness statement

**LO3** Learners must be able to assess own performance in selected team sports. This could be evidenced in the form of a checklist and accompanying report. Learners could break a performance down into individual components (e.g. footwork, striking a ball, accuracy of shots, positioning etc) and consider methods for practicing and making improvements to these areas before combining them practically to improve performance as a whole. Learners may wish to consider NGB awards to guide their practice and performance and also to provide evidence for any improvements made.

**LO4** Learners must be able to assess the performance of teams in selected team sports. This could be evidenced in the same way as LO3, in the form of a checklist and accompanying report. Learners could break a performance down into individual components (e.g. footwork, striking a ball, accuracy of shots, positioning etc) and consider methods for practicing and making improvements to these areas before combining them practically to improve performance as a whole. The comparison of the performance of the learners own team compared to an opposing team contact the form of a written report following a practical game situation.

## RESOURCES

### Textbooks

- Jones L – *Animated Skill Drills for Cricket Coaching* – Animated Sports Coaching (Tacklesport Ltd, 1999)  
ISBN 9780953816613
- Edwards, J – *Badminton: Technique, Tactics, Training* – Crowood Sports Guides (The Crowood Press Ltd, 1997)  
ISBN 9781861260277
- Cushing and Cushing – *Animated Skill Drills for Rugby Union Coaching* – Animated Sports Coaching (Tacklesport Ltd, 1997) ISBN 9780953816606
- Parkhurst A – *Tennis: A Complete Guide to Tactics and Training* – Sporting Skills (First Stone Publishing, 2005)  
ISBN 9781904439479
- Knowles et al – *Animated Skill Drills for Soccer Coaching* – Animated Sports Coaching (Tacklesport Ltd, 1999)  
ISBN 9780953816620

### Websites

- British Cycling* – [www.britishcycling.org.uk](http://www.britishcycling.org.uk)
- Badminton Association of England* – [www.badmintonengland.co.uk](http://www.badmintonengland.co.uk)
- Coachwise* – [www.1st4sport.co.uk](http://www.1st4sport.co.uk)
- British Gymnastics* – [www.british-gymnastics.org.uk](http://www.british-gymnastics.org.uk)
- The Football Association* – [www.thefa.com](http://www.thefa.com)
- The British Olympic Association* – [www.olympics.org.uk](http://www.olympics.org.uk)
- Amateur Swimming Association* – [www.britishswimming.org](http://www.britishswimming.org)
- British Volleyball Association* – [www.britishperformancevolleyball.org](http://www.britishperformancevolleyball.org)
- UK Sport* – [www.uk sport.gov.uk](http://www.uk sport.gov.uk)
- Sports Leaders UK* – [www.sportsleaders.org](http://www.sportsleaders.org)
- English Basketball Association* – [www.englandbasketball.co.uk](http://www.englandbasketball.co.uk)
- The Lawn Tennis Association* – [www.lta.org.uk](http://www.lta.org.uk)
- The Rugby Football Union* – [www.rfu.com](http://www.rfu.com)
- Sports Officials UK* – [www.sportsofficialsuk.com](http://www.sportsofficialsuk.com)
- UK Athletics* – [www.ukathletics.net](http://www.ukathletics.net)

## MAPPING WITHIN THE QUALIFICATION TO OTHER UNITS

- Unit 2:** Sports Coaching
- Unit 11:** Practical Individual Sports
- Unit 13:** Leadership in Sport
- Unit 16:** Analysis of Sports Performance
- Unit 20:** Technical and Tactical Skills in Sport
- Unit 22:** Assessing Risk in Sport



## **CONTACT US**

Staff at the OCR Customer Contact Centre are available to take your call between 8am and 5.30pm, Monday to Friday.

We're always delighted to answer questions and give advice.

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