

Biomechanics is the analysis of movement in sport. It is a subject that takes an in depth look in to how we perform in a sporting environment where the goal is to win for many athletes. There are a number of apps and programmes which take a look at methods and techniques that can be used to analyse nearly every single aspect of movement in exercise by which all together can be used to improve on the performance of a player or a team. This can be valuable data that a coach can take and use to their advantage, this is so they can make new strategies or elaborate new techniques which the player can use to win a game, there for it is an essential element for the progress of an athlete and their conquest to being the best. These techniques and tactics that we can look at goes by the name of Notational Analysis.

Notational analysis focuses on movement, this related to tactics that can be performed in a game. For example the amount of times that a player sprints can be considered notational analysis as long as that movement is expressed visually on a screen or on paper. The main function of this method is to provide feedback on how the athlete is performing in a game or during exercise. This method takes note of what the individual does around the field of play at all times which then can be related to different aspects (intensity, speed...) which then can be used to develop strategies and elaborate new ways which can decide weather the player or team wins in their sport. This when written down can be described as performance criteria.

The performance criteria is a series of techniques or tactics in a game that are all related to a certain movement which by combining al of these can make the athlete win in their chosen sport. This is what coaches focus on the most to get feedback and improve on each athletes performance. There are many different aspects of sports movement which can be analysed. All of these can be written down on to paper or even electronically where the coaches can use this information to build up on the gram areas that an athlete can have which can affect the individual side or even the whole team in a game or when doing their sport. In the example below (figure 1) appears an example of what the performance criteria can look like.

Fixture:		*** v Accies 19s									
Venue:		***									
Date:		***									
Score:		2-2									
Name	Time on Pitch	Position	Passing		Shots on Goal		Headers		Tackles	Blocks / Interceptions	Fouls
			Total	% v'	Total	% on Target	Total	% Won			
***	90	GK	17	53	0	N/A	0	N/A	0	0	0
***	90	RB	21	48	0	N/A	10	50	4	10	1
***	90	LB	22	35	0	N/A	8	88	10	9	1
***	90	RCB	16	56	1	100	28	86	5	4	4
***	90	LCB	22	68	1	0	6	100	6	5	0
***	54	LCM	12	58	2	0	5	80	5	1	0
***	54	RW	11	64	0	N/A	4	100	2	5	0
***	90	RCM	13	76	1	0	14	57	5	6	6
***	90	CF	25	72	2	100	6	33	3	2	3
***	90	ACM	28	61	2	50	6	83	4	7	2
***	90	LW	18	61	3	100	4	75	2	0	0
***	36	RW	7	57	1	100	1	0	0	0	1
***	36	RCM	6	100	0	N/A	8	75	2	6	1
Team			218	67	13	56	100	69	48	55	39

Figure 1: Performance criteria chart