

# Sport Science Support Programme

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# Needs Analysis

- In-depth discussion with athlete and coach
- Considers the individual needs of the athlete
- Examines areas of performance which are most important to athlete/coach



# Support Programme

14 yr old table tennis player

Ranked 2<sup>nd</sup> England U14

& 7<sup>th</sup> England U15

Member of British Observation  
Squad





# Support Programme

Understand the sport

15-20 min game

Some technical issues

Lack of mental toughness  
against older opponents

S & C issues



# Plan of Action

4 sessions throughout year

Video Analysis

Correction of technical flaws

Meet with Psychologist with aim to improve mental toughness



# Plan of Action

Tests for:

Speed

Strength

Agility

Indication of areas of weakness

Training interventions to correct  
identified weak areas



# Evaluation

End of cycle

Did we achieve all our identified aims

If not:

Re-assess

Plan for next cycle.