

WCL Comp-Dev Technical Analysis Tool - Gap Analysis (v7)

Athlete:

Performance Date:

1. Context

Match Context:

Video:	Style:	Tournament Level:
Wrestler we are coaching:	Round:	Timeframe:
Scoring context:	Score before the sequence:	Red      Blue
Other relevant information (individual constraints, relevance of this match, known injuries, etc):		

2. Standing Technique Review

Move's Name:

Role:

Points Scored:

Set up Phase

Element (Scoring Wrestler)	Comments	Do we need to attend to this?
Level in stance		No    Yes
Foot alignment (relative to the opponent)		No    Yes
Contact		No    Yes
Tactical Interaction		No    Yes
Affordance Analysis (Green or Red cues during the Set up Phase that conditioned the success of the skill)		No    Yes

### Control Link Phase

Element (Scoring Wrestler)	Comments	Do we need to attend to this?
Control Link Move		No Yes
Execution Hold		No Yes

### Scoring Phase

Element (Scoring Wrestler)	Comments	Do we need to attend to this?
Scoring Move (Transition)		No Yes
Ground Control		No Yes

### 3. Standing Technique Review

Based on the above notes, what are the identified issues? (number, improvement area, issue description)

How could we solve these issues? (Action Plan proposal)

Goal

Activity (ej. Drill, Task, etc)

Assessment