

**SCAFFOLD**

# Games analysis

**Table A** Locomotor/movement patterns

Locomotion	Intensity	0–5 m	6–10 m	11–15 m	16+ m	Total	Distance	% Total (Distance/Total)	Average (m)
Walk	Low								
Jog	Med/Low								
Shuffle	High								
Sprint	V High								
<b>Totals</b>								100%	

Note: Enter skills most likely to be observed (see below for suggestions)

**Table B** Average number of repetitions of each skill

Skill	Frequency	Netball	Hockey	Volleyball	Tennis/ Badminton
		Chest pass	Pushes	Serve (overarm)	Serve
		Overhead pass	Hits	Serve (underarm)	Forehand
		Catch	Flicks	Dig	Backhand
		Rebound	Dribble – 5 m	Set	Volley
		Jump	Dribble > 5 m	Spike	Forehand winners
		Guard	Intercept	Leap forwards	Backhand winners
		Defend	Tackles on opposition	Leap sideways	Smash
		Leap forwards	Disposals	Dives	
		Leap sideways	Corners	Jumps	Lobs
		Change of direction	Change of direction	Change of direction	Change of direction
		Toss Up	Lunges	Tip-offs	
		Centre Pass	Traps	Lunges	