

Academic Journal Review – Sports Management

Student Name: Max Hughes
Title of Work: Modifying Games for Improved Aerobic Fitness and Skill Acquisition in Youth
Author: Cronin 2017
Reference:
Date of Article: April 2017
PERSONAL REVIEW
<u>Review Suggestions</u> ▪ Give an overview of the article. ▪ What are the key points in this article? ▪ Who is intended audience – academics/ practitioners – why do you come to that conclusion? ▪ Does the author define any terms? Are the definitions specific, useful, circular? ▪ What are the key findings? ▪ What did I find striking or interesting about these key points? ▪ How has this article influenced me in thinking deeply about my values, beliefs and assumptions? ▪ Does the author suggest areas for further research or discussion?
<u>Personal Review (300 words)</u> Cronin et al. (2017) explore within this article how modified games (MGs) can be used to enhance both aerobic fitness and skill acquisition within youth sport. The article addresses the challenge of integrating physical conditioning with technical and tactical development within long-term athlete frameworks. The key points discussed are the modifications of variables such as player numbers, pitch size, rules and equipment. The authors argue that when these constraints are carefully designed. Small sided or conditioned games can provide enough physical demand to improve aerobic fitness. Whilst at the same time these games allow players to make decisions, solve problems and practice skill in realistic situations. The authors argue that training should reflect real match conditions so that the learning can transition into competition more effectively. The fact that the article is published by the National Strength and Conditioning Association indicates that the intended audience would be both academics and practitioners. The article refers to motor learning theory and research, which suggests it is aimed at academics. However, it also provides practical examples for coaches and any other form of practitioners. Within the article it states that a proposed benefit of MGs is they give you the chance to develop skill, fitness and tactical components simultaneously. MGs could be the most efficient training method due to the time efficiency and ability to reduce training volume and the lack of need for separate fitness and technical sessions. That can be a major benefit to aiding athletes rest and recovery. I believe that there is enough evidence to prove that conditioning and skill training do not need to be separate, aerobic fitness can be developed within skill-based, game-like structured sessions. The article ends with the author stating that practical examples of how games can be modified.

