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## Training Seminar is Effective at Improving Assessor Confidence Using the Standardized Assessment of Tackling Technique

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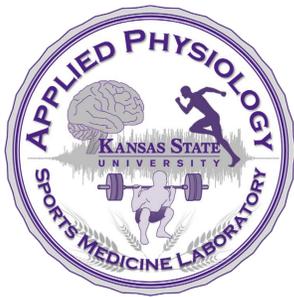
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# STANDARDIZED ASSESSMENT OF TACKLING TECHNIQUE (SATT) TRAINING EFFECTIVENESS FOR ASSESSORS

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## ABSTRACT

**Context:** Head and neck injuries are very prevalent in tackle-based sports such as football. Most of the previous and current research is for reactive measures or helmet technology. The SATT is one of the only research studies that focuses on behavior and proactive measure. The SATT consists of 5 components each scored from 0 to 3. The 5 sections are 1-player control, 2-head eye torso position, 3-strike zone, 4-ascending tackle/arm rip, and 5-leg drive. We hypothesize that after the training protocol confidence levels will rise.

**Objective:** The objective of this study is to assess how effective the Standardized Assessment of Tackling Technique (SATT) training protocol is at preparing individuals to accurately assess a form tackle.

**Design:** Pre and Post SATT training survey using repeated measures/dependent t-tests to assess SATT scoring criteria knowledge and confidence level. Our hypothesis is that posttest survey results will demonstrate higher levels of confidence

**Setting:** Classroom

**Patients or Other Participants:** 18 participants voluntarily, enrolled in the study (8 male, 9 female) all were athletic training students currently enrolled in a Practicum class at a University. Participants experience levels ranged with having played football from No experience, Organized flag football, Middle school/JV, and High school/Varsity

**Intervention:** The training protocol consists of two, 1-hour sessions. The first session involves memorization of SATT components and scoring criteria, followed by a second session that involves using the rubric to assess video clips of tackling technique.

**Main Outcome Measure:** Assessors will be given a pre and post survey measuring SATT knowledge and their confidence level for accurately scoring tackling form.

**Results:** Pretest means were 1.30+0.87; while Posttest 2.48+0.83. Participants had highest pretests scores on Q1 "their ability to assess a form tackle accurately" at 1.78 (Not confident). Question 8 "assess a video clip in under 5 minutes" had the lowest level of confidence at 0.94 (Unable to answer). The overall average was a "Not confident" for all questions. Posttest results showed participants had the highest level of confidence on questions 4 and 5 at 2.65 (Somewhat Confident) for both their ability to "explain grading criteria for strike zone" and for "ascending tackle/arm rip". The mean scores rose more than a point 1.17 the median scores for five questions Q1, Q3, Q4, Q5, Q6 rose from a 1 (Not Confident) to a 3 (Confident).

**Conclusions:** Training protocol was effective at increasing confidence levels for accurately scoring tackling form because paired t-test scores were significantly different (p = 0.05).



## CONTEXT

Head and neck injuries are very prevalent in tackle-based sports such as football. Most of the previous and current research is for reactive measures or helmet technology. The SATT is one of the only research studies that focuses on behavior and proactive measures. The SATT consists of 5 components each scored from 0 to 3. The 5 sections are 1-Player control, 2-Head eye torso position, 3-Strike zone, 4-Ascending tackle/arm rip, and 5-Leg drive. We hypothesize that after the training protocol confidence levels will rise.

## OBJECTIVE

To assess how effective the Standardized Assessment of Tackling Technique (SATT) training protocol is at preparing individuals to accurately assess a form tackle.

## INTERVENTIONS

The training protocol consists of two, 1-hour sessions. The first session involves memorization of SATT components and scoring criteria, followed by a second session that involves using the rubric to assess video clips of tackling technique.

Rate your ability for the following...

	Very Confident	Confident	Somewhat Confident	Not Confident	Unable to Answer
Accurately assesses a form tackle	<input type="radio"/>				
Q2 - Explain grading criteria for "player control"	<input type="radio"/>				
Q3 - Explain grading criteria for "head eye torso position"	<input type="radio"/>				
Q4 - Explain grading criteria for "strike zone"	<input type="radio"/>				
Q5 - Explain grading criteria for "ascending tackle/ arm rip"	<input type="radio"/>				
Q6 - Explain grading criteria for "leg drive"	<input type="radio"/>				
Q7 - Accurately assess TPA video clips	<input type="radio"/>				
Q8 - Assess TPA video in under 5min	<input type="radio"/>				

Figure 1. SATT Assessor Training Effectiveness Survey

## MAIN OUTCOME MEASURES

Assessors will be given a pre and post survey measuring SATT knowledge and their confidence level for accurately scoring tackling form.

## RESULTS

Pretest means were 1.30+0.87; while Posttest 2.48+0.83. Participants had highest pretests scores on Q1 "their ability to assess a form tackle accurately" at 1.78 (Not confident). Question 8 "assess a video clip in under 5 minutes" had the lowest level of confidence at 0.94 (Unable to answer). The overall average was a "Not confident" for all questions. Posttest results showed participants had the highest level of confidence on questions 4 and 5 at 2.65 (Somewhat Confident) for both their ability to "explain grading criteria for strike zone" and for "ascending tackle/arm rip". The mean scores rose more than a point 1.17 the median scores for five questions Q1, Q3, Q4, Q5, Q6 rose from a 1 (Not Confident) to a 3 (Confident).

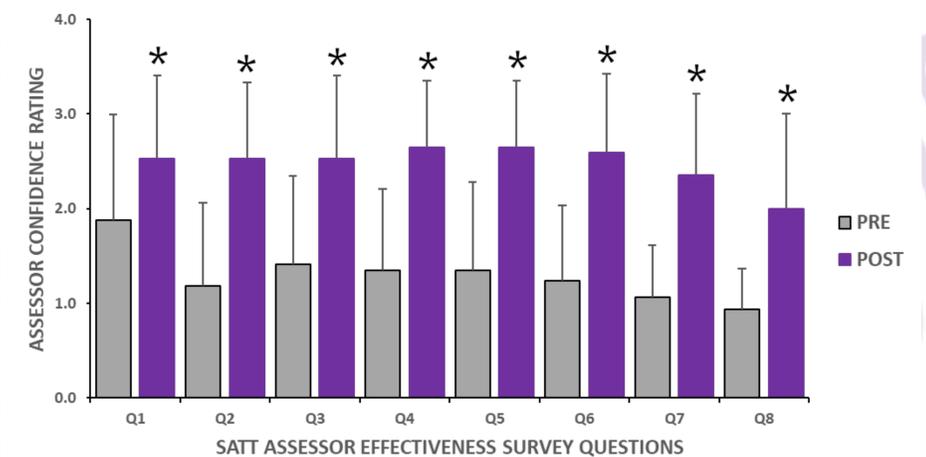


Figure 2. Mean (±SD) for Assessor Confidence before (Pre) and after (Post) training session. \*significantly greater at Post (p = 0.001-0.011) compared to Pre.

## CONCLUSIONS

Training protocol was effective at increasing confidence levels for accurately scoring tackling form because mean paired t-test scores were significantly different (p = 0.05).