

# HOW COACHES CAN UTILISE ANALYSIS



## CAPTURE

Capture footage on a camera or even your phone/tablet on the horizontal plane

Slow Motion settings allow more in depth analysis

## CODE

Take a small number of key points from the footage

## FEEDBACK

Feedback the findings to the athlete

Capture more footage to re-analyse and see the changes

## ANALYSE

Analyse the footage, comparing the athlete to the perfect models

You can analyse their technical model, tactical model or both!

## QUESTION THE ATHLETE'S UNDERSTANDING



## OPEN DISCUSSIONS

- What were you trying to achieve in the performance?
- What can you see in the footage?
- Do the two statements match?

## FURTHER DEVELOPMENT

- What can you improve on?
- How can you improve on this?

## REPEAT THE PROCESS

After reviewing the footage, film them again!

Live feedback can be really beneficial when attempting to refine a skill

## SET TIME STAMPS

Be open minded that not everything will be improved immediately

Sometimes changes take time and are easier to recognise even in footage after a week or longer