



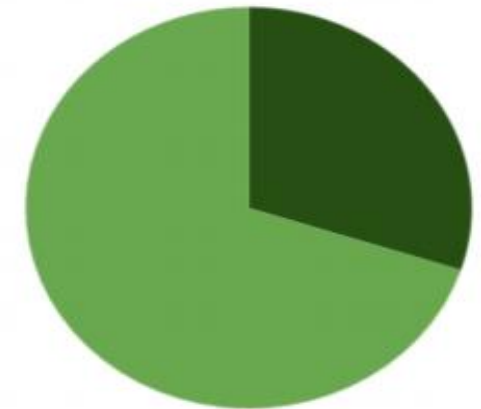
# **Sport Science Workshops**

## **Performance Analysis – Video Feedback**

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Performance Analyst

What percentage of key incident can people accurately recall after a match or training session?



■ Recall (30%) ■ Forgotten (70%)



**70%** of key incidents may be missed!

11

\* Franks, I. and Miller, G. (1986). Eyewitness Testimony In Sport. *Journal of Sport Behavior*, 9, 39-45.

# Issues with Subjective Feedbacks



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Limited ability to recall a match

Multiple events occurring simultaneously

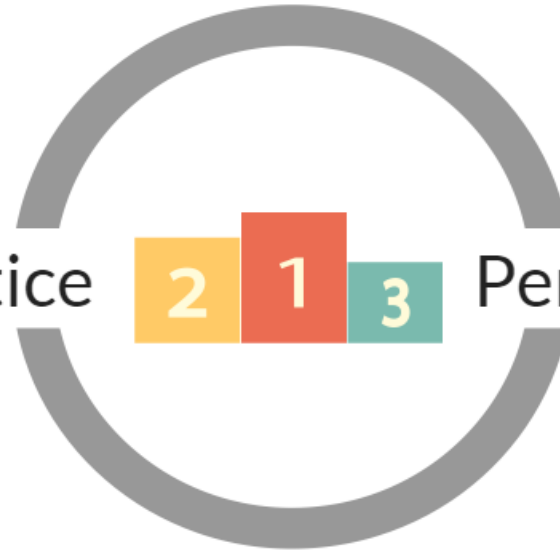
Lack of visual references to facilitate understanding

Overload of information

Practice



Practice



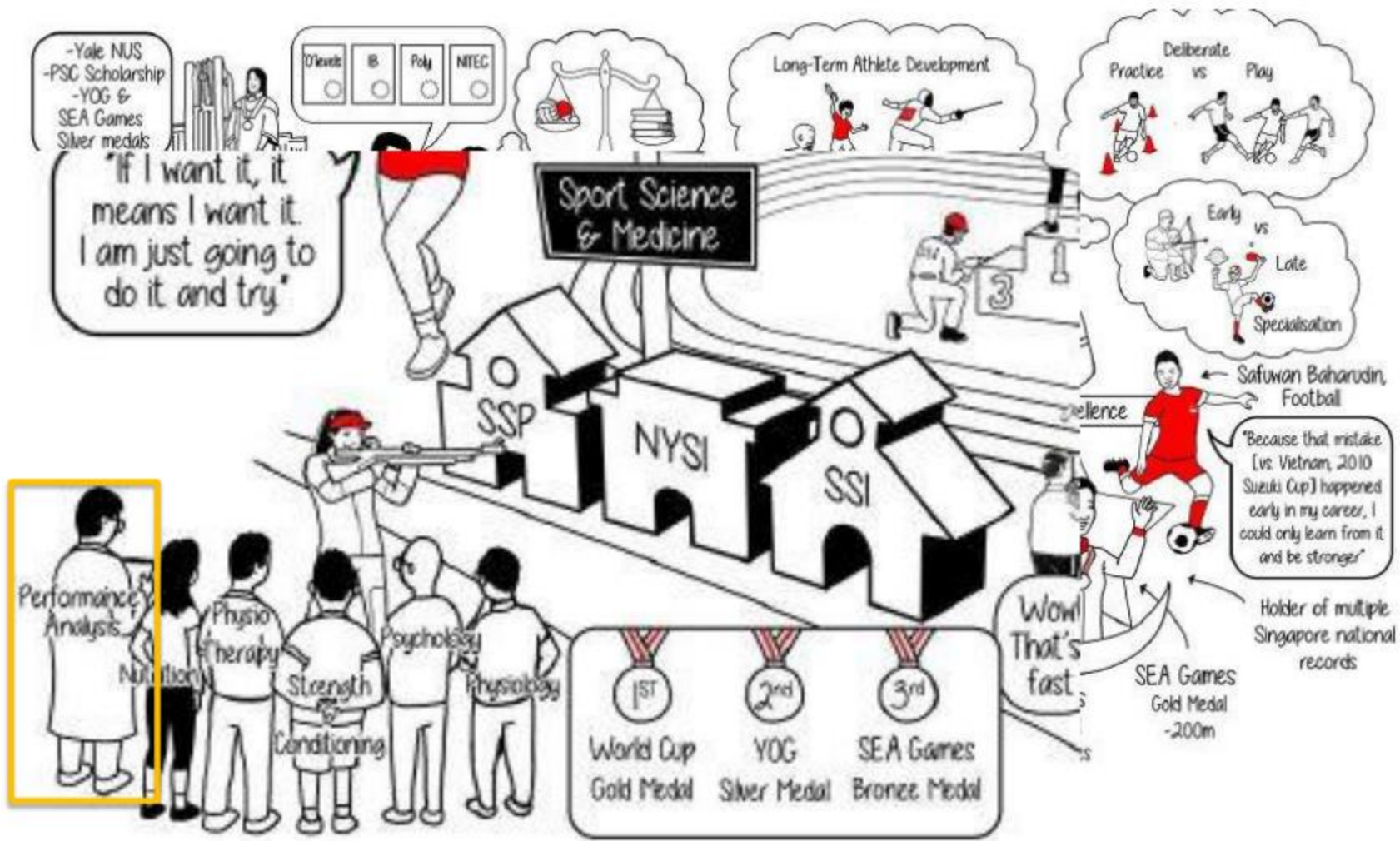
Perform





How do you know if practice is paying off?  
How do you know if practice isn't leading to improvement?

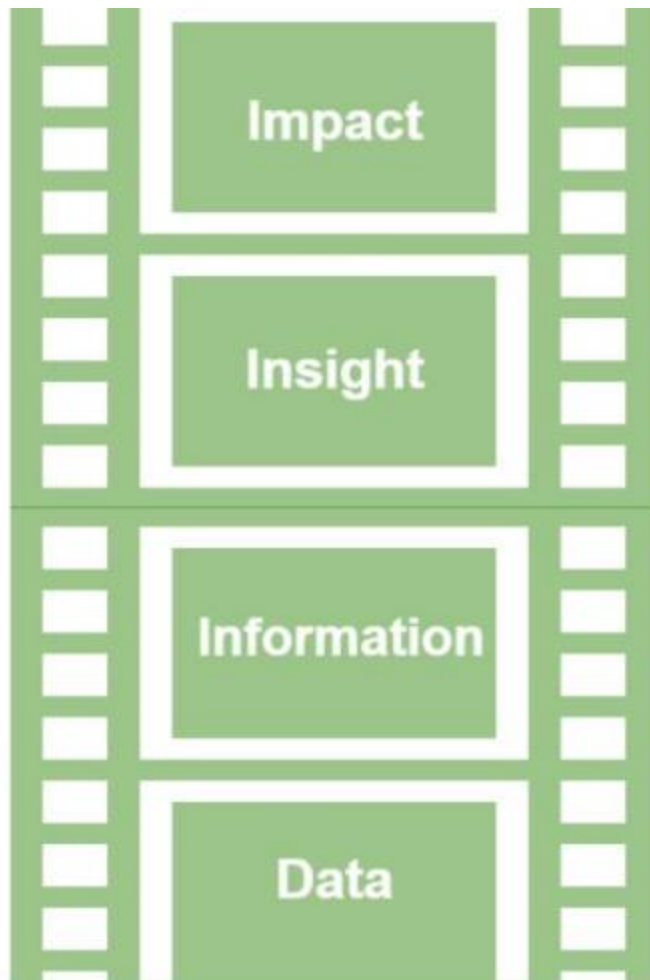








**P**rovide objective feedback to enhance performance and improve decision making via statistical data and visual feedbacks

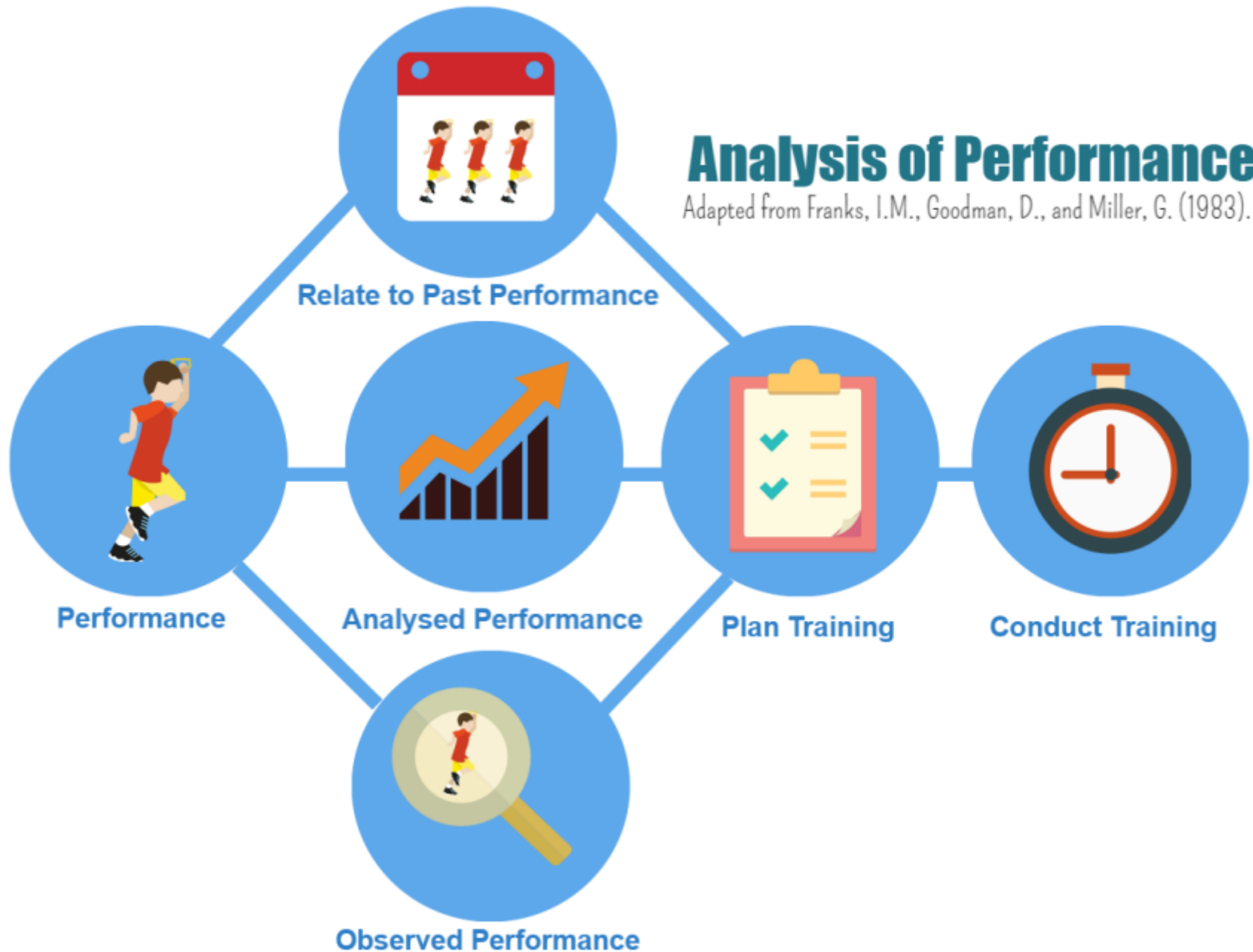


# What do we do?



# Analysis of Performance

Adapted from Franks, I.M., Goodman, D., and Miller, G. (1983).

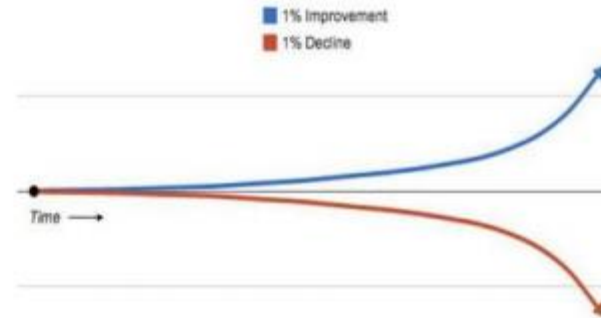




# Why do we do?



# Aggregation of Marginal Gains



Improve **one percent** in everything you do



Quality sleep

**+1%**



Personal hygiene

**+1%**



Proper Nutrition

**+1%**



Better Equipment

**+1%**



Improved Training

**+1%**

*Optimizes Sporting Performance*

# Minimize Injury Risk, Facilitate Recovery

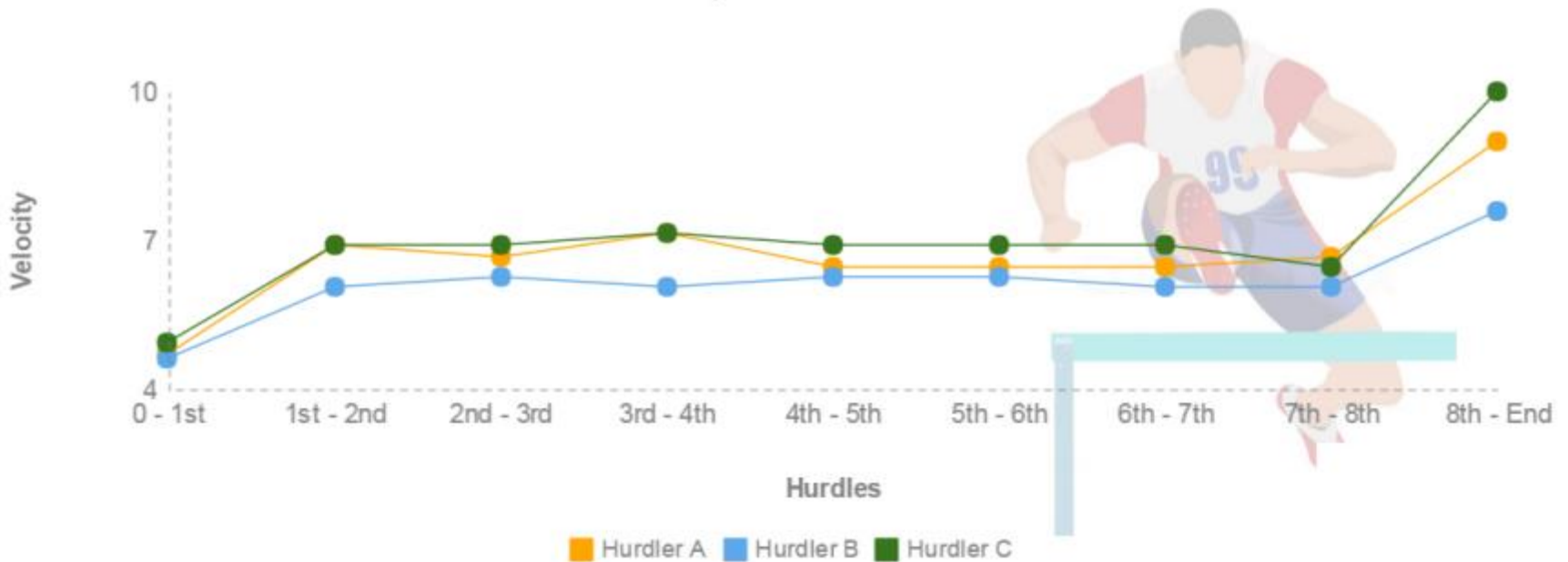


Prevention is better than cure

# Individual Sports

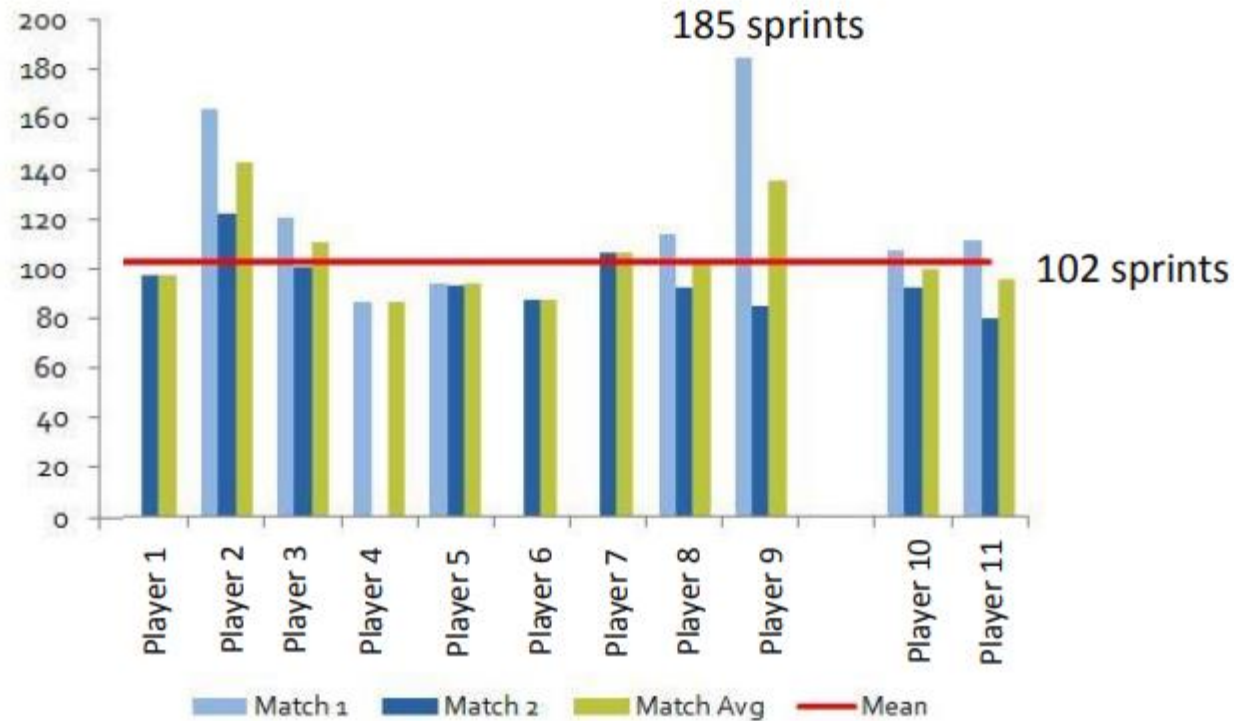


U13 Boys 80m Hurdles



# Team Sports

*Chart 2 shows the number of sprints recorded by each player during the matches*



A study of U17 field hockey players in Canada found that outfield Players covered around 4,071m during a match (Vescovi, 2016).



# How we do it?



Use of video recordings to analyze performance and provide feedback.

## 5 Steps to provide Video Feedbacks

**1**

Establish Objectives

**3**

Plan your recording

**5**

Analyse

**2**

Identify the areas of interest

**4**

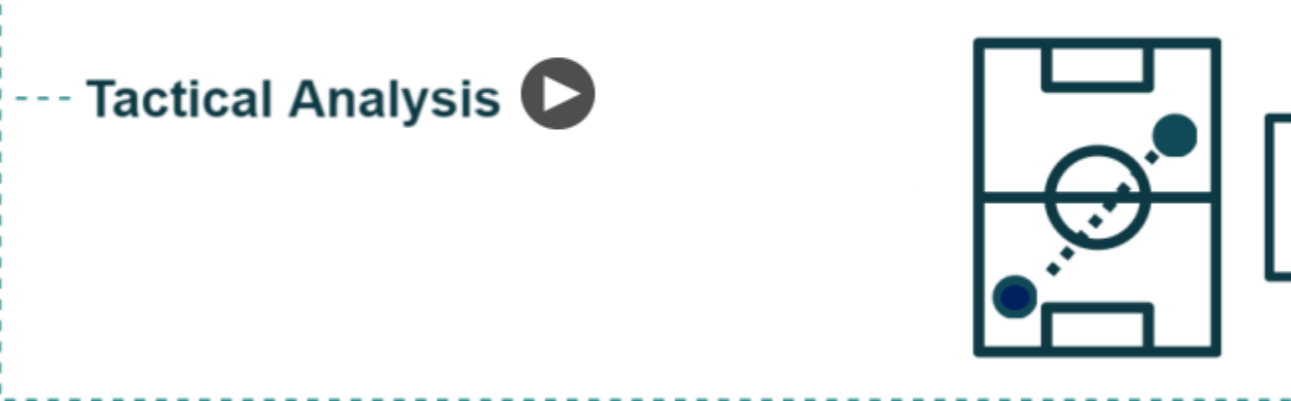
Record



# 1

# Establish the Objectives

*What do you want to analyse?*



▶ **Technical Analysis**

# 2

## Identify Areas of Interest

*What should you capture in the video?  
Which angle should you cover?*

### Planes of Movement



**Frontal**  
*Front & Back*



**Sagittal**  
*Left & Right*



**Transverse**  
*Top & Bottom*

# 3

## Plan your Recording

*How do you best capture the required movements?*

### Angle of Camera

*Positioned cameras at right angles to the plane of movement, to minimise error.*



### Background

*Ensure the athlete movement contrasts with the background for better view*



### Consistency of Shot

*Maintain the same angle and distance for any comparison to minimise discrepancy*



### Lighting

*Lightening should be behind the camera and to ensure sufficient amount of exposure*



### Clothing

*Ensure that athlete is wearing clothing that does not obscure their actions*



# 4

## Record

*When to pan? When to zoom in & out?*

### Individual Sports



Hurdles



Bowling

### Team Sports



Netball



Football

# 5

## Analyse

*What app or software to use? How to use it?*

### Tactical Analysis



# 5

## Analyse

*What app or software to use? How to use it?*

### Technical Analysis






# Video Analysis Mobile App

Hudl Technique is one of the several technique analysis softwares available in the market.



 **hudl**technique

FORMERLY  **ubersense**

Available in  

**1** Install App into  
your mobile phone

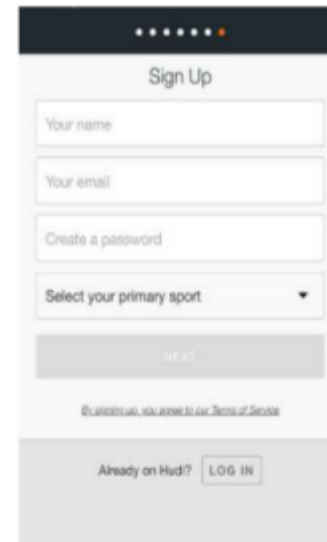


**2** Setup  
Personal  
Account:

 *Name*

 *Email  
Address*

 *Primary  
Sports*



Sign Up

Your name

Your email

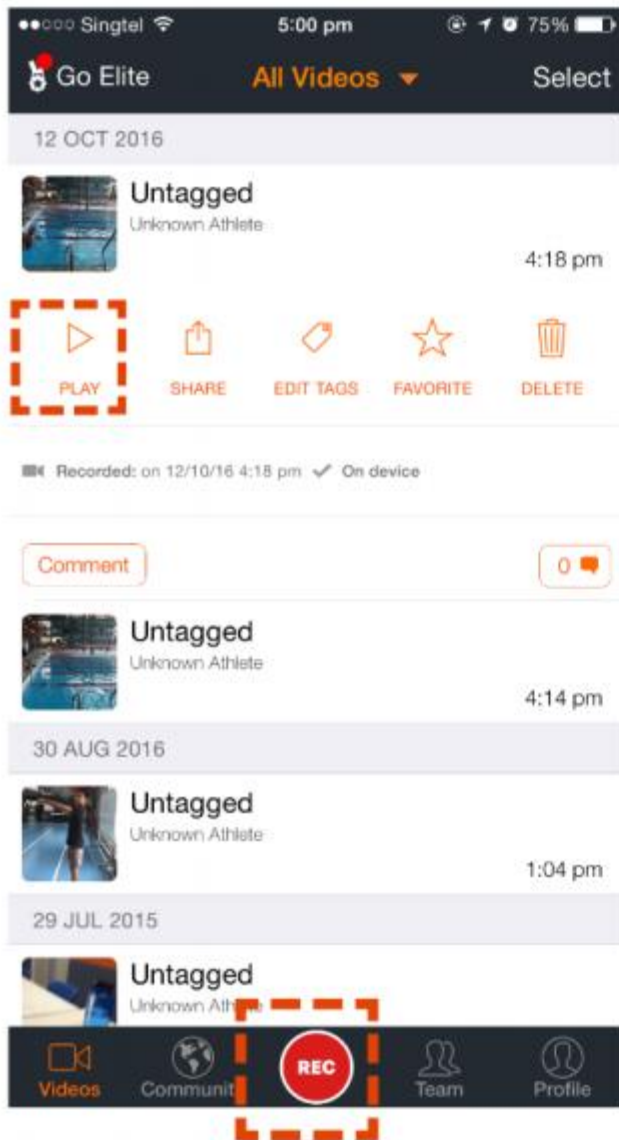
Create a password

Select your primary sport

NEXT

By signing up, you agree to our Terms of Service

Already on Hudl? [LOG IN](#)



3

Click on REC button to video

4

Click on PLAY button to review the video



5

“Swipe” left and right to view the video in slow motion.

6

“Spread” to zoom in



7

Use the drawing tools



**Thank you**

