

Improving tactics and technique through video analysis

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«Coaching is an art, not science ...»

but

«it is an art to put science into coaching»



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Background

- Started to use video early '80
- Mostly technical analysis
- Past 6 years developed a method for tactical analysis
- Past 2 years worked with coaches for top 10 players ATP/WT
- A method for using video as a communication tool



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We have not used video the right way!

- Analyzing is a negative word for many players
- We show to many «down lights»
- We do not let the players explore
- We overload them with images



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Videoanalysis can be a great «Tool»

- Use clips to change behavior on court
- Experienced how other sport did it, football and icehockey, and martial art
- It is all about communication



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Why don't we spend more time on tactical video analysis?

- Takes time
- Complicated
- Expensive
- You do not get the right outcome
- Players are not interested?



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Why use pictures?

- Pictures - can say more than a 1000 words
- But don't use a 1000 pictures...
- Motivation
- Evidence
- To change behavior
- Involve players



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Communication

- Most important skill for a coach
- Feedback – should be more questions
- Feedback – 3:1 or sandwich
- Remember to listen...
- Let the player see, and then give feedback to you.



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Use positive approach

- Mostly we do: « very good – but...»
- Show «high-lights»
- Focus on what they can do!
- Positivity is very powerful



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Let`s have a look...



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Pro tennis – phase 1

- Carl Maes – coach for Kim Clijsters
- Kim
- Download matches from tv
- DVDs
- Camera
- Streaming



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Help coaches

- Can see a full match in 20 – 30 min
- Observe and reflect
- Make selections, tactical, technical, emotions and movement
- Plan strategy
- Timing is everything...



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Analyze without being there

- Download from TV or net
- Make selections
- Upload to server
- Coach downloads clips
- Plan next match...



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Let's have a look



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Pro tennis – phase 2

- Samuel Sumyk – coach for Victoria Azarenka



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Tactical analysis

- Decide what to look for - variables
- Tagging points
- Selection
- Presentation (computer, stick, server, dvd)
- Reflection
- Adjustment and development



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Let`s have a look...



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So...

- - «Less is more»
- - High-lights are powerful
- - Let players be involved
- - Use for reflection and planning of strategy



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Future

- Easier and less expensive
- Video-coach will be a new profession
- More streaming



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Thank you



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