Sports Examples

1 Soccer Team

The coach begins the process by identifying that their team tends to have a lot of the possession in games, but is not creating enough goal-scoring opportunities. The following tables outline a category set which could be used to assess this.

Overview of Analysis	
Sport:	*Soccer*
Purpose of the Analysis:	*To measure how effective our team are when they penetrate into the attacking 1/3 of the pitch*
Specific aspects of play to analyse:	*- How is the ball played into the attacking 1/3* *- What is the outcome of each possession within the attacking 1/3*
Category Title:	*Soccer – Attacking Third Effectiveness*
Category File	*Soccer_Effectiveness_In_Attacking_Third.rct*
Number of Categories to create:	*2*

Category Breakdown		
Category Name	Button Details	Suggested Button Codes
Context	1 - Passed in. 2 - Dribbled in. 3 - Played in from a free kick. 4 - Played in from a goal kick. 5 - Throw in. 6 - Possession from opposition turnover 7 - Other	Pass D FK GK Th T Ov Oth
Outcome	1 – Shot from outside the Penalty Box. 2 - Shot/Header from inside the Penalty Box. 3 - Direct free kick 4 - Penalty kick 5 - Corner Kick 6 - Gave away possession 7 - Other	>PB <PB FK PK CK T Ov Oth

Having identified and defined the various options within each category, the coach can then use Focus to enter this information. Using the Results Grid, the coach can quickly identify any key patterns in the data generated. The interactive video playback facility allows each of these key examples to be viewed in turn using the slow motion and pause controls for maximum analysis potential. Specific areas of weakness can be clearly identified and the video footage provides an excellent feedback tool for the players. The coach and player then use this information to shape future practice to ensure these areas of weakness are attended to and rectified.

2 Soccer Individual

The coach begins the process by identifying that one of his players is continually giving the ball away. The following tables outline a category set which could be used to assess this problem.

Overview of Analysis	
Sport:	*Soccer*
Purpose of the Analysis:	*To assess a specific player's ability to both keep possession and distribute the ball effectively*
Specific aspects of play to analyse:	*- Total number of 'clean' possessions the player has in a game* *- How is the ball is being turned over* *- Where on the park is the ball being turned over*
Category Title:	*Soccer - Individual Possession*
Category File	*Soccer_Individual_Possession.rct*
Number of Categories to create:	*3*

Category Breakdown		
Category Name	Button Details	Suggested Button Codes
Type of possession	1 – Ball carry 2 – Pass	BC Pass
Area of pitch	1 - Defensive third, Left hand side 2 - Defensive third, Central area 3 - Defensive third, Right hand side 4 - Middle third, Left hand side 5 - Middle third, Central area 6 - Middle third, Right hand side 7 - Attacking third, Left hand side 8 - Attacking third, Central area 9 - Attacking third, Right hand side	D-L D-C D-R M-L M-C M-R A-L A-C A-R
Outcome	1 - Ball Carry, Retained Possession 2 - Ball Carry, Dispossessed 3 - Ball Carry, Foul For 4 - Ball Carry, Foul Against 5 - Pass, Possession Retained 6 - Pass, Possession Lost 7 - Other	BC – R BC – D BC – For BC – Ag P – R P – L Oth

Having identified and defined the various options within each category, the coach can then use Focus to enter this information. Using the Results Grid, the coach can quickly identify any key patterns in the data generated. The interactive playback facility allows each of these key examples to be viewed in turn using the slow motion and pause controls for maximum analysis potential. Specific areas of weakness can be clearly identified and the video footage provides an excellent feedback tool for the player. The coach and player then use this information to shape future practice to ensure these areas of weakness are attended to and rectified.

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3   Baseball

The coach begins the process by identifying that his/her pitcher is having difficulty with their control, irrespective of the type of pitch thrown. The following tables outline a category set which could be used to assess this.

Overview of Analysis	
Sport:	*Baseball*
Purpose of the Analysis:	*To assess the location and type of pitch thrown by the pitcher*
Specific aspects of play to analyse:	*- Whether the batter is batting right or left handed* *- What is the type of pitch thrown* *- What is the pitch location*
Category Title:	*Baseball - Pitching Feedback*
Category File	*Baseball_Pitching_Feedback.rct*
Number of Categories to create:	*3*

Category Breakdown		
Category Name	Button Details	Suggested Button Codes
Batter	1 – Batting right 2 – Batting left	B-R B-L
Type of pitch	1 - Fast Ball 2 - Change-Up 3 - Slider 4 - Curve Ball 5 - Sinker 6 - Knuckleball 7 – Other	FB C-U SI CB Snk KnB Oth
Pitch Location	1 - High - Outside 2 - High 3 - High – Inside 4 - Outside 5 - Strikezone 6 - Inside 7 - Low Outside 8 - Low 9 - Low – Inside 10 - Wild Pitch 11 - Hit Batter 12 – Other	H-O H H-I Out St Ins L-O L L-I WP HB Oth

Having identified and defined the various options within each category, the coach can then use Focus to enter this information for each Pitch. Using the Results Grid, the coach can quickly identify any key patterns in the data generated. The interactive video playback facility allows each of these key examples to be viewed in turn using the slow motion and pause controls for maximum analysis potential. Specific areas of weakness can be clearly identified and the video footage provides an excellent feedback tool for the player. The coach and player then use this information to shape future practice to ensure these areas of weakness are attended to and rectified.

4 Basketball Team

The coach wants to assess their team's effectiveness in both identifying and running fast-break opportunities. The following tables outline a category set which could be used to assess this.

Overview of Analysis	
Sport:	*Basketball*
Purpose of the Analysis:	*To measure how effective our team are in transition*
Specific aspects of play to analyse:	*- How did our team get possession* *- What was the outcome of each example of transition*
Category Title:	*Basketball - Effectiveness in Transition*
Category File	*Basketball_Team_Effectiveness_In_Transition.rct*
Number of Categories to create:	*2*

Category Breakdown		
Category Name	Button Details	Suggested Button Codes
Possession from	1 - After Basket 2 - From Turnover 3 - From In-bounds Play 4 - After Free Throw 5 - Other	Basket T Ov In B FT Oth
Outcome	1 - 2 Pt Basket 2 - 3 Pt Basket 3 - 2 Pt miss 4 - 3 Pt miss 5 - Fouled 6 - Offensive Foul 7 - Turnover 8 - Out of Bounds – Possession For 9 - Out of Bounds – Possession Against 11 - Other	2 Pt 3 Pt 2 PtX 3 PtX F Off F T Ov OOB OOBX Oth

Having identified and defined the various options within each category, the coach can then use Focus to enter this information for each transition example. Using the Results Grid, the coach can quickly identify any key patterns in the data generated. The interactive playback facility allows each of these key examples to be viewed in turn using the slow motion and pause controls for maximum analysis potential. Specific areas of weakness can be clearly identified and the video footage provides an excellent feedback tool for the players. The coach and players then use this information to shape future practice to ensure these areas of weakness are attended to and rectified.

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5 Basketball Individual

The coach begins the process by identifying that a specific player is struggling from the free-throw line in games, despite shooting well in practise. The following tables outline a category set which could be used to assess this problem.

Overview of Analysis	
Sport:	*Basketball*
Purpose of the Analysis:	*To compare free-throw shooting technique in the practise and game environments*
Specific aspects of play to analyse:	*- Free throw shooting technique in practice* *- Free throw shooting technique in game situations*
Category Title:	*Basketball - Player Free-Throw Effectiveness*
Category File	*Basketball_Individual_Free_Throw_Technique.rct*
Number of Categories to create:	*2*

Category Breakdown		
Category Name	Button Details	Suggested Button Codes
Context	1 - In Practise 2 - In a Game	P G
Outcome	1 - Free Throw Made 2 - Free Throw Missed	M X

Having identified and defined the various options within each category, the coach can then use Focus to enter this information. Using the Results Grid, the coach can quickly identify any key patterns in the data generated. The interactive video playback facility allows each of these key examples to be viewed in turn using the slow motion and pause controls for maximum analysis potential. Specific areas of weakness can be clearly identified and the video footage provides an excellent feedback tool for the player. The coach and player then use this information to shape future practice to ensure these areas of weakness are attended to and rectified.

6 Tennis

The coach begins the process by identifying that their player is having difficulty with their return of serve in recent matches. The player appears to be hitting more service return errors than normal. The following tables outline a category set which could be used to assess return of service technique.

Overview of Analysis	
Sport:	*Tennis*
Purpose of the Analysis:	*To measure the effectiveness of player's return of serve*
Specific aspects of play to analyse:	*- Whether each serve faced is a 1st or 2nd serve*
	- What is the direction and length of each serve faced
	- What type of service return shot was played
	- What was the outcome of this return
Category Title:	*Tennis - Service Reception*
Category File	*Tennis_Service_Reception.rct*
Number of Categories to create:	*4*

Category Breakdown		
Category Name	Button Details	Suggested Button Codes
Service context	1 - 1st Serve Forehand Court 2 - 2nd Serve Forehand Court 3 - 1st Serve Backhand Court 4 - 2nd Serve Backhand Court	1F 2F 1B 2B
Direction & length	1 - Wide Short 2 - Wide Medium 3 - Wide Long 4 - Body Short 5 - Body Medium 6 - Body Long 7 - Centre Short 8 - Centre Medium 9 - Centre Long	W-S W-M W-L B-S B-M B-L C-S C-M C-L
Shot selection	1 - Backhand Sliced 2 - Backhand Topspin 3 - Backhand Block 4 - Backhand Other 5 - Forehand Sliced 6 - Forehand Topspin 7 - Forehand Block 8 - Forehand Other	B-Sl B-T B-B B-Oth F-Sl F-T F-B F-Oth
Outcome	1 – Winner 2 - Forced Opponent Defensive Shot 3 - Error Long 4 - Error Wide 5 - Error Net 6 - Opponent Attacking Shot 7 – Other	Win Opp D E-L E-W E-N Opp A Oth

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7   Golf

The coach begins the process by identifying that his/her player is having difficulty with the control of their mid to long irons. The following tables outline a category set which could be used to assess this.

Overview of Analysis	
Sport:	*Golf*
Purpose of the Analysis:	*To assess the accuracy of mid to long iron play during practice*
Specific aspects of play to analyse:	*- What club is being used* *- What type of shot is being attempted* *- What is the outcome of each shot relative to the identified target*
Category Title:	*Golf – Long Iron Play*
Category File	*Golf_Long_Iron_Play.rct*
Number of Categories to create:	*3*

Category Breakdown		
Category Name	Button Details	Suggested Button Codes
Club	1 - 1 Iron 2 - 2 Iron 3 - 3 Iron 4 - 4 Iron 5 - 5 Iron 6 - 6 Iron	1 2 3 4 5 6
Type of shot	1 - Draw the ball 2 - Fade the ball 3 - Other	Dr F Oth
Shot Outcome	1 - Sliced the ball 2 - Pushed the ball 3 - On Target 4 - Pulled the ball 5 - Hooked the ball 6 - Other	S Push T Pull H Oth

Having identified and defined the various options within each category, the coach can then use Focus to enter this information for each shot. Using the Results Grid, the coach can quickly identify any key patterns in the data generated. The interactive video playback facility allows each of these key examples to be viewed in turn using the slow motion and pause controls for maximum analysis potential. Specific areas of weakness can be clearly identified and the video footage provides an excellent feedback tool for the player. The coach and player then use this information to shape future practice to ensure these areas of weakness are attended to and rectified.

8 Swimming

The coach wants to assess both start & turn technique for each of the swimmers in his/her squad during training. The following tables outline a category set which could be used to assess start and turn technique.

Overview of Analysis	
Sport:	*Swimming*
Purpose of the Analysis:	*To analyse start & turn technique within the training environment*
Specific aspects of play to analyse:	*- Every start and turn by each swimmer – from side-on above the water* *- Every start and turn by each swimmer – from side-on underwater* *- Every start and turn by each swimmer – front-on above the water* *- Every start and turn by each swimmer – from front-on underwater*
Category Title:	*Swimming start and turn technique*
Category File	*Swimming_Start_Turn_Technique.rct*
Number of Categories to create:	*3*

Category Breakdown		
Category Name	Button Details	Suggested Button Codes
Swimmer name	Dependant on the number of swimmers to be analysed.	Initials of swimmers
Context	1 - Start 2 – Turn	S T
Camera view	1 - Side-on above the water 2 - Side-on underwater 3 - Front-on above the water 4 - Front on underwater	S – Ab S – Bel F – Ab F - Bel

Having identified and defined the various options within each category, the coach can then use Focus to enter this information for each swimmer in turn. The interactive playback facility allows each of these key examples to be viewed in turn using the slow motion and pause controls for maximum analysis potential. Specific areas of weakness can be clearly identified and the video footage provides an excellent feedback tool for the swimmer. The coach and player then use this information to shape future practice to ensure these areas of weakness are attended to and rectified.

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