The Role of Video in Coaching.

The key function of a coach is to provide relevant, accurate feedback to players or athletes in order to advance the learning of skills and tactics.

There are two distinct methods of skill acquisition;

Intrinsic Learning: Using this method people learn by performing the skills.
Extrinsic Learning: Using this method people learn by feedback and correction.

It is the responsibility of the coach to provide the most appropriate extrinsic feedback so that learning can progress. Clearly, video has the potential to provide such feedback.

Video can be used to analyse individual techniques, tactics, mental preparation, physical factors and also coach behaviour. Video's main advantage is that it provides a permanent record of performance that can be viewed repeatedly using 'real-time', 'slow-motion' and 'freeze-frame' facilities and can be used for long-term monitoring of player progression and development.

As discussed in previous articles coaches' recall of events is no greater than 30% – 40% and tends to focus on ball activity rather than the game as a whole.

There are many analysis systems on the market today that will provide endless amounts of statistics, reports and video highlights, but some points worth considering when presenting this information back are;

- The coach must be conscious not to give too much information. This is especially so with beginners, where too much information can actually hinder skill development. **Be selective.**
- Don't just concentrate on the negatives. It is important to show both **positives and negatives,** otherwise players will respond to video sessions as negative environments.
- Remember that different people learn in different ways so **encourage discussions** on the various aspects seen in the video, this will enhance the learning process.

Motivation

Creating highlight packages of positive performance and setting this to music can create a very motivational environment for your players or athlete.

Some of the most beneficial feedback sessions I have seen have involved 2 – 3 minutes of video set to an uplifting soundtrack. A lot of teams tend to utilise this strategy close to game time either the last training session before the match or the morning of the game. It can be a fantastic way to quickly remind the players of the strategies and game plans that have worked in the past.

Key points to consider:

- Keep it short 2 – 3 minutes max.
- Keep it positive.
- The soundtrack should be uplifting.
- Play it close to game time

Recording Good Footage

- Decide what information you want to gather. IF you are looking at technique it will be necessary to zoom in a lot, if it's for tactical reasons stay zoomed out to get a clear picture of team shape and player movement off the ball.
- Ideally the camera should be on a tripod to keep it steady and easy to manoeuvre.
- A wide angle lens will allow you get closer to the action while still maintaining a full picture.
- For team sports it is ideal to place the camera on the half-way line and elevated from the playing surface.

Technique and Player Development

Video can be utilised during training to help players further understand the techniques or tactics being coached. A number of video analysis systems allow the coach immediately display the video footage to the players. This can considerably reduce the time difference between skill performance and feedback, hence improving the speed of learning.

The recording of a technical session requires the camera to be focused more closely on individual players to heighten resolution.

This provides the coach with a clear and accurate picture of a player's body position whilst analysing key components of the skill.

This information can be collected over a period of time and compared continuously to highlight to both the coach and player the improvements that have been achieved.

Conclusion

Video is an excellent source of objective feedback that can act as an excellent learning and motivational tool. There is no need to be frightened by this technology and even if you can't afford video analysis software all you need is a video camera and some pen and paper.