
Performance Analysis Workshop

Careers in Sport

Thursday 25th October 2012

Plan

- Introduction to Performance Analysis
- Coding of Match
- Coaching Process
- Coaches Report
- Session Review



Task 3:

What is performance analysis?

- Performance analysis is the provision of objective feedback...telling the athlete what actually happened as opposed to what they perceived to be happening.
- Objectively viewing of performance
- Identify strengths and weaknesses of performance
- Detailed assessment of players
- Method of giving more accurate feedback

Counting game

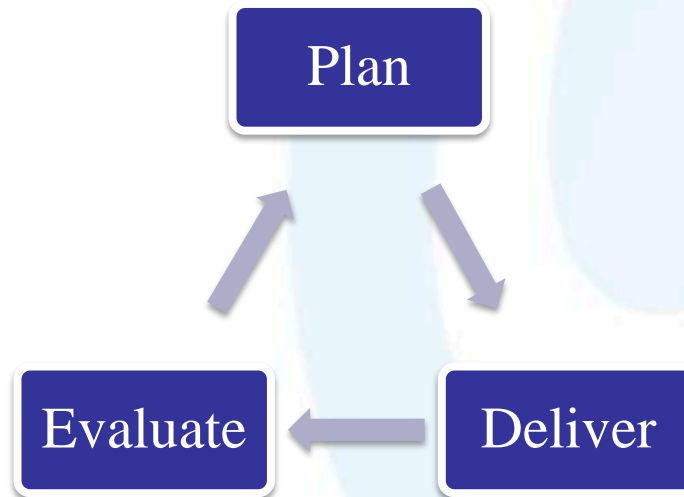
How many times does the letter
"i" appear on the slide?

Finished files are the result of years
of scientific study combined with the
experience of many years.

Counting game

- There were 15 of the letter “i” on the slide
- Why was there such a wide range of answers or why could there be?

Coaching Process



Where does performance analysis fit into these three phases?

Performance Indicators

- Player
 - Position
 - Time
 - Action
-
- Player 1, Zone A, First Half, Successful Shot

Prozone v SportsCode

prozone

- Only Football
- Large amount of data
- Pre-set data collected
- Time consuming
- Very expensive

 **SportsCode**TM

pro

digital video analysis system

- All sports
- Chose the amount of data collected
- Design your own coding panel
- Only on Mac computers

Task 1

- Using the coding panel and match footage of either football or basketball spend 10 minutes coding the game.



Task 2

- Produce a coaching report by identifying the strengths, weaknesses, opportunities and threats of the analysed performance.



Debrief

- How does it relate to training?
- What do you think of performance analysing?
- Is this a career you might now consider?



Any Questions?

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