

Performance Point

Performance Analysis

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Coaching depends heavily upon analysis in order to effect an improvement in athletic performance. Answering two questions helps with the integration of an effective analysis strategy:

1. *What information are you looking for?*

The quality of the question will depend in the description of the sport from a general level to a specific level, the prioritization of key factors of performance and observation viewpoints (side, front, back, individual, and group).

2. *When are you planning to purposely observe?*

Including time of training (before, during, after) and competition season (preparation, pre-competition, competition, transition) that will allow adequate time to evaluate, measure and document the critical variables of your observation and select the appropriate intervention.

Some benefits of introducing Video into your program include:

- Permanent record of performances
- Increased quality and accuracy of your observation
- Slow motion replay for detailed analysis
- Initial process towards the development of a library of best practices for performance modeling



"I make the most of video analysis to break down the movements and catch technical errors, that I may miss with simply using my eye. Further, I use it for motivational purposes, video athletes when they come into camp, and show them how they have changed over only a couple weeks on the water. I use it at regatta sites when they are nervous, shows them they really are rowing well, even though their nerves make them feel like they are not rowing well at all."

Laryssa Biesenthal, Assistant Women's Coach, Rowing Canada Aviron

*"There are three features of video analysis very useful to my coaching; **Real Time**, in order to detect tendencies at speed, **Slow Motion**, in order to observe in detail the cause and the effect of a specific movement and **Stop-Play**, in order to engage the athlete to look at his/her own performance by guiding their eyes to the critical factor(s). I use underwater video with tracking shots (right to left, left to right, and head on) to see technical biomechanics which are not possible to see above the water. Frame-by-frame analysis allows me to pin-point cause and effects which may escape the eye when viewing at normal speed above water."*

Neil Harvey, Swimming Coach, Tyee Aquatics, Canadian National Triathlon Centre



Powering Sport Performance

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