



MODULE 6- VIDEO ANALYSIS

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COACHING POINTS

Today's lesson is Highly Visual

General TIPS for studying video.



When we look at the same thing, do we see the same things?

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COACHING POINTS

- Study the Best.
- Compare the Best to the Best.
- Compare the best to your athletes.
- Compare HS to HS.
- Compare good throws to bad throws.
- Compare similar Angles



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COACHING POINTS.

Compare the Best to the Best.
Shot Spin
Shot Glide
Discus



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COACHING POINTS.

Study the Best.
Compare your Throwers against
themselves..



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TIPS:

What you see is what you coach: Review Video often

Show your throwers their video.. They Do better.

Tripod and Holder. I use iPad and holder by Makayama

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Module 7 Homework



- 1. Check out our YouTube page...
- 2. Thanks for the Feedback. Please post it on our Facebook page.
- 3. Do lots of comparisons
- 4. Get a Video analysis app if you don't have one... I like Coache's Eye.

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