

PERFECT MOMENTS MASTER COACHING

Distance learning video analysis theory / philosophy

There is no doubt that video analysis support is an integral aspect of sports training, as the visual support can be extremely powerful. As they say 'the camera never lies'. The video camera can be even more informative.

However, the information gained is critical if used wisely and within a constructive coaching plan, which is where PMMC aim to come in and help.

As with everything, video analysis isn't everything. It is a useful support tool in the same way that all other training support equipment is.

My personal opinion is that the more simple the method, the more people that will understand the process and the subsequent development plan. The more complex the method, there will be fewer people that will understand and that is something we will aim to avoid.

PMMC video analysis will not be about displaying how clever we can be as coaches. We will simply view what the player does, explain what we see and seek agreement with you. Once we have established that platform, we will advise of training methods and plans to help build the player, paying attention to key development areas, both individual and generic.

Clearly, we will not be able to utilise a face to face coaching environment. However, with regular communication and an open line of ongoing communication via reports, feedback and questioning, we will still build a positive coach-led player-centred relationship. Within this process we will also ensure the parents and coaches (where requested) will also become ingrained within the process.

Through my experience, it is very common that players can become emotional during training sessions, angry, frustrated and so on. Clearly as the 'online' coach we won't experience that within this training platform. Which brings us to the 'black box' mindset. What we will be able to do is offer advice from a composed, reflective position, where emotion has been exhausted and the player has relaxed and calmed down. A key learning position and potentially the most powerful learning place.

Having said that, it is important that players learn that emotion is a key part of the learning cycle. Learning to control our emotion is critical to ensure training can be maximised. This state, like anything, takes time. As a coach with thirty-five years experience, I am far less emotional than the player and far more patient. It's crucial that the player senses my calmness and patience, as in time they will learn to recognise the value of finding their most relaxed and focused state.

PMMC will offer members access to our own video coaching section where we demonstrate and explain the purpose behind the exercises we utilise to support players. These exercises are tried and tested and will involve personal viewpoints and discussion points, to further draw out our beliefs behind these training methods and their value.

As with anything there is no guarantee, and for that I apologise, but it is simply the truth. However, with endeavour, determination and experienced supportive knowledge, much can be achieved and in some cases, much more than many thought possible.

Julian Wyatt