

Video Analysis Made Simple

**Practical Uses of Video
Analysis for Club, Team, and
Individual Player
Development**



Bert Leonard

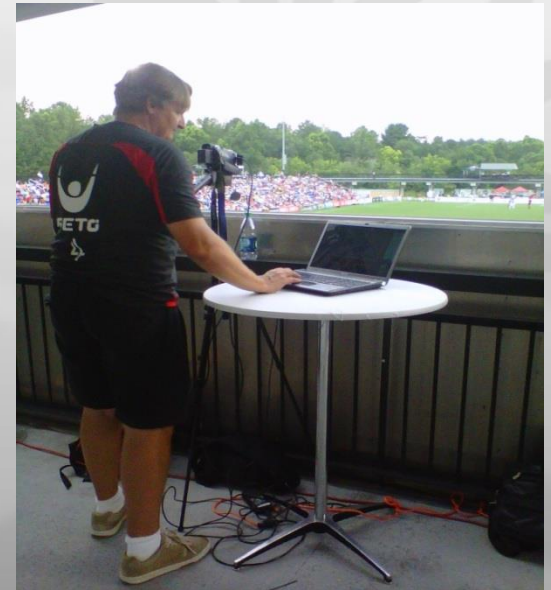


NOT Jeff Daniels



Bert Leonard

- Assistant Coach/Video Coach
- Atlanta Silverbacks
- Video consultant US Soccer
- Video analysis director/Player education director- US Youth Soccer Region III ODP
- Oglethorpe University Asst. Men's coach



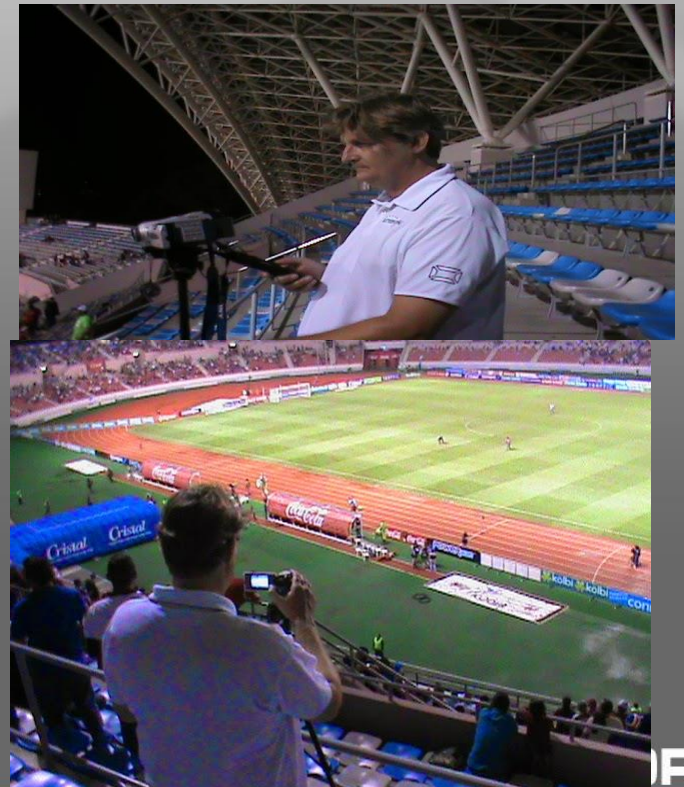
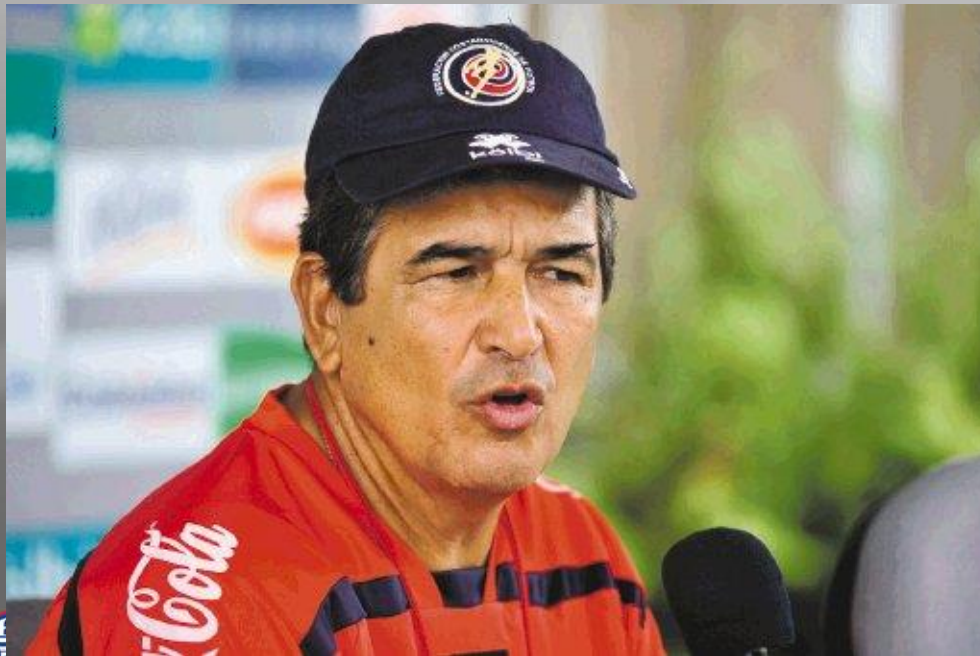
Coaches I have worked with:

- **Pia Sundhage**- Current head coach Sweden Women's National Team
- Former Head coach USWNT



Jorge Luis Pinto

- Current head coach Honduras
- Former National team coach for Costa Rica



Stephan Constantine

- Current head coach of Rwanda
- Former Coach for Nepal, India , Sudan, and Malawi.
- Nea Salamina- Cyprus 1st division:



Eric Wynalda

- Former Atlanta Silverbacks Technical Director
- Fox Sport One



John Hackworth

- Current U15 USBNT
- Former Head Coach Philadelphia Union



Filming

- 1. Filming and Hardware: Cameras, tripods, stands, Hipods, Scaffolding, Platforms



Post Game Video Analysis



Hardware Specs

I5, i7 Processor, 4GB of RAM,
250Gb of Hard disk space or more
Ports: USB 3, Hdmi, VGA, Sd Card
Slot.

External Hard drive: 250+ Gb of
Space

Live Analysis

- Filming & Analyzing Live



Hardware for Live Analysis

- Canopus Box



- Magell HDMI to USB 3



Capturing video

Post Game Capture: Direct from SD Card or from files on your computer

The screenshot displays the Interplay Sports software interface. The main window shows a live video feed of a soccer match on a green field. The interface includes a top menu bar with options like 'Capture', 'Playback', 'Show Zoom', 'Presentation', 'Media Maker', 'Match Import', 'Compare', and 'AutoRecord'. On the left, there is a sidebar with navigation options: 'Teams', 'Matches', 'Players', 'Players setup', 'Variables', 'Selection Groups', and 'See all'. Below the video feed, there are tactical diagrams for two teams, 'USA U15' and 'USA U15 1', showing player positions on a field. At the bottom, there are various statistics and data points for the match, including 'Freekick', 'Throw in', 'Counter', 'Goal', 'Support', 'Warm-Up', 'Attack v Def', 'Match Related', 'Match condition', 'GK', 'Physical', and 'Passes'. On the right side, there is a table of 'Selected situations: 140' for the match 'USA-USA(797)12.avi'. The table has columns for 'Time', 'S', 'Player', 'Starts', 'Attacky', 'Chance', 'Grades', and 'Variable'. The bottom right corner features a 'Play all' button and a 'View selection' button.

Time	S	Player	Starts	Attacky	Chance	Grades	Variable
10:34						CP	Match
10:58							Match
11:07							Match
11:07							Match
12:54						CP	Match
13:21						CP	Match
14:39							Match
14:39							Match
15:41						CP	Match
15:59						CP	Match
16:49						CP	Match
18:12							Match
18:39							Match
18:39						CP	Match
18:40						CP	Match
18:55							Match
19:36						CP	Match
19:42							Match
19:42						VA	Match



File Formats & Issues

- MTS- .Mts Files are AVCHD or High definition files. They can be tricky for video analysis due to formatting. Video skip, pause or freezing can occur. Converting to .AVI or MP4 suggested..
- Most cameras now have .MP4 option format.
- MP4 format preferred due to a more standard format and smooth frame rate.

Editing/Finding the “Storyboard” of the game

When Capturing video no need to be too specific. The value of the 2 team analysis program is that information can start general and become specific.

Less is often More:

Filming Training

Why? How?

Filming training sessions can give you a great document of what you accomplished, intensity rates, and great for linking videos into your training plans.



Team Presentations

- How Long?
- What should I show first?
- How do create groups of clips

Trend Analysis

How did we score goals?

How did we concede Goals?

Is my team improving and how?

Looking back at your games

Scouting the Opponent

- What do I look for?
How do I get the
Footage: Importing
Games from The Net,
YouTube, An FTP
Server, Screen Capture



Player Analysis Self Study



Youth Player, College & Professional

Self study of video is critical to player development:

Capturing games in the player's laptop is

A part of Coaching education.



QUESTIONS??



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