



Introduction to Video Analysis

Are you interested in adding video analysis to your coaching skills but don't know where to start?
Might your players improve their personal performances if they could view themselves in action?

The use of video technology in providing feedback to athletes and to assist coaches with tactical planning is a rapidly growing aspect of sport today.

Low-cost video analysis programmes are now within reach of many users. This 90 minute workshop will look to introduce coaches to two programmes that contain features which make both video skill analysis and game analysis a realistic option.

This introduction to video analysis workshop will cover:

- Camera set up
- Video capture
- Skill analysis
- Game analysis



Presenter: Tim Motu, Development Officer - Coaching / Video Analyst - Hawke's Bay United.

- Where:** Lady Pettigrew Theatre, Pettigrew.Green Arena, Taradale, Napier
- When:** Monday May 31st at 7:00pm
- Who:** Register with Tim Motu at Sport Hawke's Bay
tel: 8459336 extn 762 or email: timm@sporthb.net.nz
- Cost:** **FREE**

Sport Hawke's Bay welcomes all participants including those with a disability.

