

Video analysis guidelines

The Academy of Sport Speed and Agility can assess your athletes functional speed mechanics via distance by sending a video that follows the guidelines below:

1. Set up two (2) cones 10m apart, the cones should follow a straight line.
2. Videoing the athlete from behind, starting at the first cone have the athlete jog to the second cone (10m), then back again, do this four times (4x) and tape the athlete consistently. The video should show the back of the athlete jogging away from the camera, and the front of the athlete jogging towards the camera, the taping of the athlete should be continuous.
3. With the camera facing the athlete get the athlete to squat down so that the gluteals (buttocks) touch the back of the calves. Ask the athlete to do this three times. Now have the athlete perform the squat again but tape from the side of the athlete.
4. Ask the athlete to do a high knee run from the first cone to the second cone. Get the athlete to perform this twice and tape both from the side.
5. Making sure that the athlete is sufficiently warm, starting at the first cone tape the athlete accelerating to the second cone and sprinting (100% effort) to the third cone. Tape this twice, once from the side and once from the front.
6. Get the athlete to sprint from the first cone to the third cone at 100% effort. Tape this twice, once from the side and once from the front.
7. Set four cones in a T shape, using the first cone as your starting point, place the second cone 5m in front in a straight line, then to make a T, place two other cones, 5m apart on either side of cone 2. Starting at the first cone get the athlete to sprint to the second and then make a sharp change of direction to the cone on the left, then repeat but sprint to the cone on the right. The athlete should have completed two "L" shaped sprints. Tape this twice, once from the side and once from the front.
8. Ask the athlete to sit on the ground, with his legs straight out in front and knees pressed down to the ground, now bending from the hips ask the athlete to touch his toes. Tape this whole process.

Check that the video footage is clear, save it in your athlete's name, and upload it to Ranell Hobson ASSA Training Director at Dropbox using the following access information: assessment@academyofsportspeed.com password: **assa11**. Within seven days of receiving the video footage you will receive an assessment outlining your athlete's key areas of development to improve sport speed and agility performance sent to your email address inbox (make sure this is provided also).