

7TH EUROGYM 2010

ODENSE, DENMARK

VIDEO FEEDBACK

By Kenneth Pingel



www.eurogym2010.com

Your coach today!

- Kenneth Pingel
- Head Coach, GHG TeamGym Herlev (Denmark, www.gymnasterne.dk)
- Judge, Danish TeamGym competitions
- Videofeedback user since 2007 – kids and adults
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Agenda

- **Theory – 30 min.**
- *Video feedback in general:*
 - Why video feedback?
 - The coach's task
 - What's required of the coach?
- *Video delay:*
 - Video to body – learning
 - Technique study – www.springsikker.dk
 - Video delay – Hard disk recording
 - Skill capture – www.video4coach.com
- **Practical – 60 min.**
 - Hard disk recording (pros & cons)
 - Skill capture (pros & cons)
- **Discussion – 30 min.**
 - How can you implement video feedback at your gym?
 - Questions?



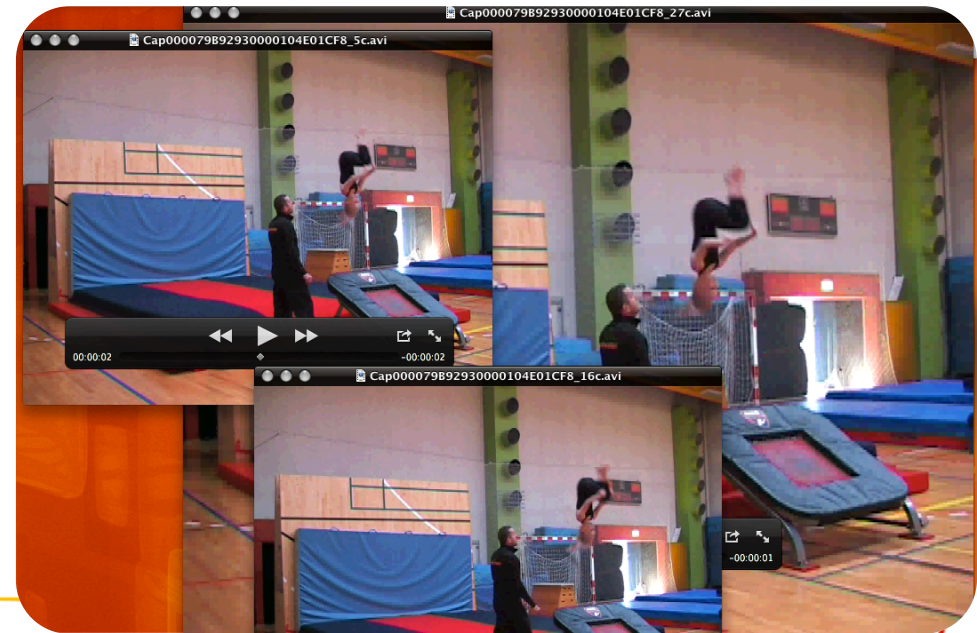
Video feedback in general

- **Why video feedback?**
 - The gymnast can correct errors on the spot
 - Learning by error?
 - The coach can see errors and correct them
 - Gymnasts can study their technique at home, and apply their knowledge at the next training session (depends on your setup)
 - You can see the exercise and show the gymnast exactly what they're doing
 - It's fun for the gymnast!



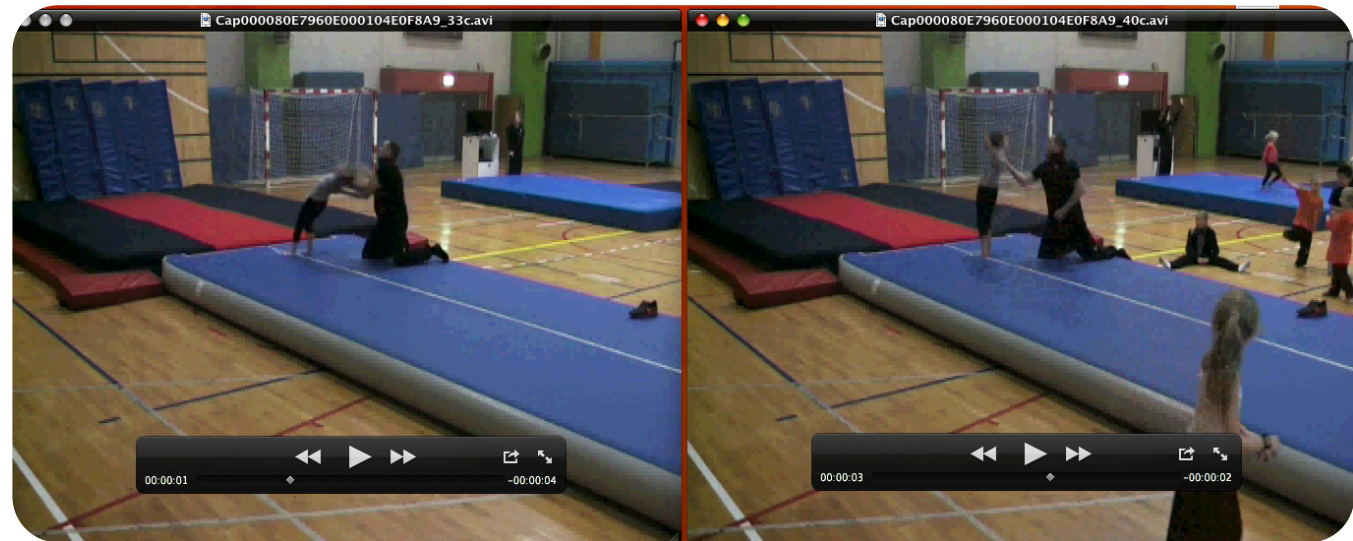
Video feedback in general

- The coach's task
 - Set up and adjust the system
 - Instruct the gymnast in how to use the system
 - Guide the gymnast during exercise
 - Stay focused on the task at hand (only one correction at a time)



Video feedback in general

- What's required of the coach?
 - Biomechanical skills – the ability to see the exercise
 - Coaching the gymnast
 - Technical skills



Video delay

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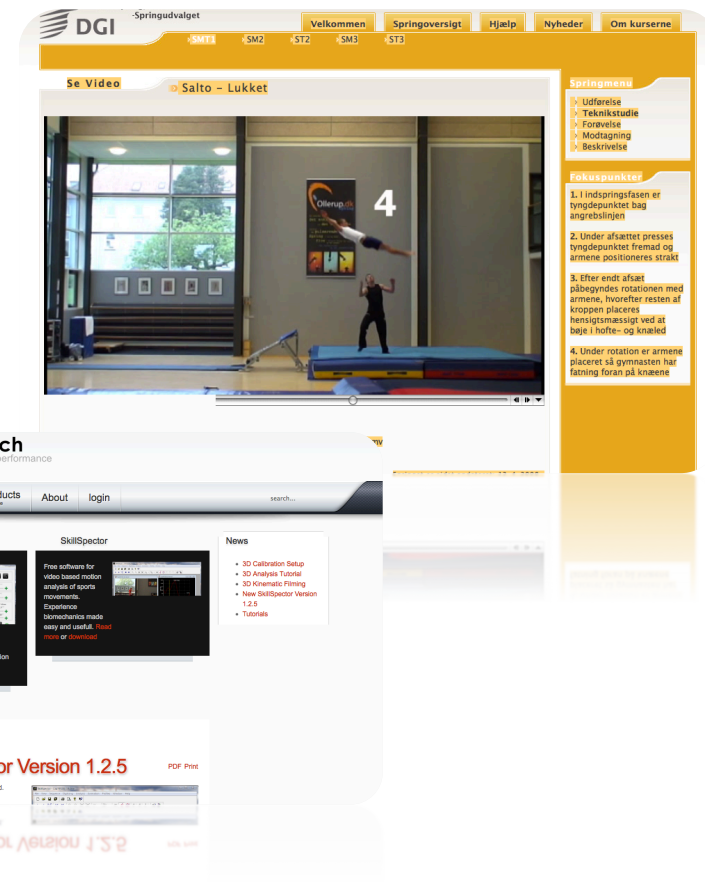
Video to body – learning

- Technique study: www.springsikker.dk

Video delay

- Hard disk recording

- Skill capture: www.video4coach.com



Practical

- - *Hard disk recording (pros & cons)*
 - Easy to set up with timeshift
 - Easy to play back if recording
 - Fast to use in the gym
 - Doesn't require coaching
 - No technical skills
 - Difficult to get the movies out of the recorder
 - Need basic skills to create and upload movies – time-consuming
 - Fun for the gymnast
- - *Skill capture (pros & cons)*
 - Requires technical skills to set up
 - Time-consuming setup process
 - Easy to use
 - Automated "start and stop" recording
 - Upload possibilities (ftp, youtube etc..)
 - Playback of recording
 - Can be integrated with website



Practical

- **SET UP SKILLCAPTURE**
 - Download skillcapture and documentation from www.video4coach.com
 - Follow the instructions to install - good documentation on video4coach's website
 - Check the camera's specifications – it must stay on at all times and not go into screensaver mode
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- **SET UP HD RECORDING**
 - Make sure the recorder supports timeshift from the video-source input
 - Camera must stay on at all times and not go into screensaver mode



Practical

- Let's go record some gymnasts



Discussion

- How can you implement video feedback at your gym?
- Questions?



Thank you!

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- ***Need help? Contact kenneth.pingel@me.com***

