

# **ROGUE**earchery

## Virtual Video Coaching Guide

Published by Rogue Archery © 2020

<https://www.roguearchery.com.au/>

## Disclaimer

Before implementing any training or coaching guidance, please consult with your personal coach, physician and physical therapist to make sure that you are in good health and that the training is appropriate for you. Any coaching advice provided is not intended to supersede any medical advice by a qualified health practitioner.

Any information or guidance provided by Rogue Archery should be considered in line with your individual goals, fitness level, pre-existing injuries and other medical conditions before implementing any training regime. Be sure to inform Rogue Archery of any pre-existing conditions prior to undertaking any coaching activities.

No liability is assumed by Rogue Archery for any of the advice provided through the video coaching services.

## Video Analysis Coaching

At Rogue Archery, we are committed to helping aspiring archers develop their skills and reach their maximum potential. To do this, we utilise a number of tools, one of which is video analysis.

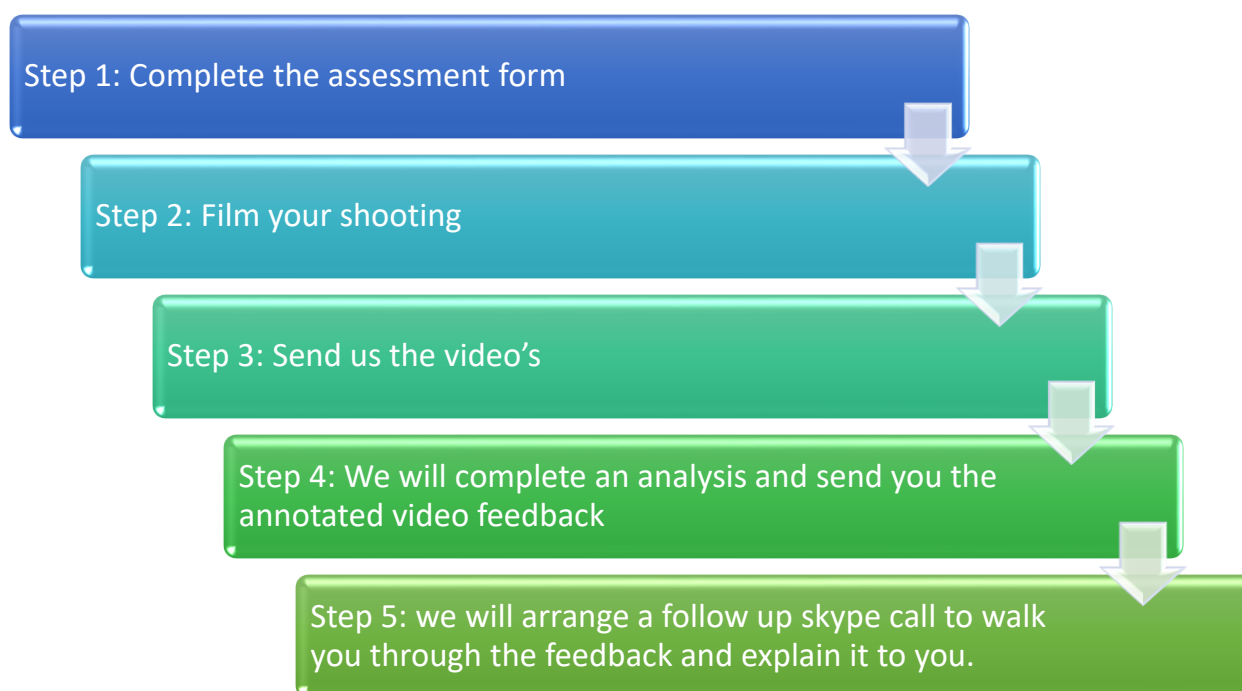
Video analysis is a powerful tool for coaches to dissect students' technique. We use some of the best video analysis software which allows observation of the shot sequence frame by frame and in slow motion. We can also make a number of precise measurements / annotations that are otherwise unavailable to coaches. In this way, video analysis allows us to identify some technical areas which are otherwise difficult to identify from the naked eye.

Another key benefit, is that it allows us to help you virtually. Perhaps you're away at a competition, or live overseas. The beauty is that through video analysis we can continue to help you on your journey!

Some of the key benefits of video analysis include:

- Allows you to maintain a log of your technical development over time
- Allows us to identify minute imbalances in technique which are difficult to identify
- Allows us to make precise measurements and annotations
- Allows us to help you anywhere in the world

## How the process works



## Step 1: Complete the assessment form

In order to give you the most effective feedback and analysis, it helps for us to understand your goals, experience, issues and current focus. The assessment form (attached to this document) gives us that information.

## Step 2: Filming your shooting

In order to get the best results, please be sure to follow the following guidelines when filming.

### Filming Equipment:

In order to do a proper video analysis, you will need the following equipment:

- **A camera that can film in a resolution of 720p or better, with 30 fps.** Most cameras or camera phones can do this, however, if using a camera phone be sure not to use the front facing camera which often produces low resolution and distorted images.
- **A tripod or camera stand.** When completing video analysis, it is critical that there is absolutely no camera movement. It is therefore recommended that you mount your camera on a tripod or on a fixed camera stand.

### Filming Angles

There are 4 standard angles that we request for you to film. This allows us to identify and assess all of the key areas of your technique, as well as benchmark videos against other examples that we have catalogued. Occasionally we will require additional angles to undertake video analysis, and in these instances we will request them from you in advance.

For each angle, shoot 3 arrows consecutively (uncut video). This helps us identify variability between shots, and makes sure we are not analysing only one good shot, or one bad shot.

Be sure to get the angles correct, and make sure that they are properly framed.

#### Angle 1 – Front side square

The first angle is at 3 o'clock (for a RH archer). To frame this angle correctly, place the camera in line with the shooting line, and frame it such that it includes your hips, top of your head, front bow hand and rear elbow at full draw.





### Angle 2 – Rear

This angle is at 6 o'clock. To frame this angle correctly, place the camera directly in line with the arrow, and frame it such that it includes your hips and top of the head. Ideally, the camera would be from a slightly elevated position (as pictured below), however if this is not possible then in line with the body is sufficient.



### Angle 3 – Back side square

This angle is at 9 o'clock (for a RH archer). To frame this angle correctly, place the camera in line with the shooting line, and frame it such that it includes your hips, top of your head, front bow hand and rear elbow at full draw.



#### Angle 4 – Front side forward

This angle is at 1:30 (for a RH archer). To frame this angle correctly, place the camera 45 degrees forward from the shooting line, and frame it such that it includes your chest, top of your head, front shoulder and rear elbow.



#### Step 3: Send us your video's

After you have filmed your video's, send them to us in MP4 format. Due to the file size, the preferred way is for you to send them via OneDrive, or another file sharing service such as Dropbox. This allows you to upload the files to a cloud server and email us a link to download the videos.

**Send the download link to the following email address:** [jarryd.greitschus@roguearchery.com.au](mailto:jarryd.greitschus@roguearchery.com.au)

**Subject title:** Video Coaching Analysis - "Your name"

**That's your bit done!**

Once we've completed the technique analysis and prepared a feedback summary including comparison video's and annotated video's, we will send it back to you and arrange a follow up call via skype.

We look forward to hearing from you, and helping you on your archery journey!

*Jarryd Greitschus*

**Head Coach**

## Coaching Assessment Form

**Archers name:**

**Archers age:**

**Bow type:**

What is your long term major goal for your archery?

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What is your primary goal for the next 12 months?

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What stage of training are you currently in?

1. Skill acquisition
2. Development
3. Competition ready

What are you hoping to get out of this video coaching session?

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What technique elements are you currently working on?

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Are you having any problems or issues with your shooting at the moment? If so, what are they?

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Do you have any injuries or impairments that we should be aware of?

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