LITHUANIAN SPORTS UNIVERSITY

NORDPLUS

**Digitalization in the coaching process
across Nordic-Baltic countries
(NPHZ-2022/10033)**

Video analysis: A brief introduction

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A brief reminder

Video analysis as a tracking tool

Movement analysis

The physiological load imposed on basketball players during competition

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1. *Stand/walk*: activity of no greater intensity than walking. No distinction was made between standing still and walking or between different intensities of walking. Stand/walk also included those instances when the subject was in a defensive stance but not moving.

2. *Jog*: movement (forwards or backwards) at an intensity greater than walking but without urgency.

3. *Run*: forwards or backwards movement at an intensity greater than jogging and a moderate degree of urgency but which did not approach an intense level of movement.

4. *Stride/sprint*: forward movement at a high intensity, characterized by effort and purpose at or close to maximum.

5. *Low shuffle*: movement generally in a sideways or backward direction using a shuffling action of the feet. The movement was without urgency and characterized by a slow rate of foot movement and an erect posture.

6. *Medium shuffle*: shuffling at a medium intensity with a moderate degree of urgency, characterized by a moderate rate of foot movement and usually an erect posture, but not approaching an intense level of shuffling-type movement for that player.

7. *High shuffle*: shuffling at a high intensity characterized by effort and urgency with a rapid foot movement usually while in a squat position. Ground may not have been covered during the shuffle, as the feet may have been shuffling rapidly on the spot or transferring weight from side to side.

8. *Jump*: the time from the initiation of the jumping action to the completion of landing.

Tracking stats

Other applications of video analysis
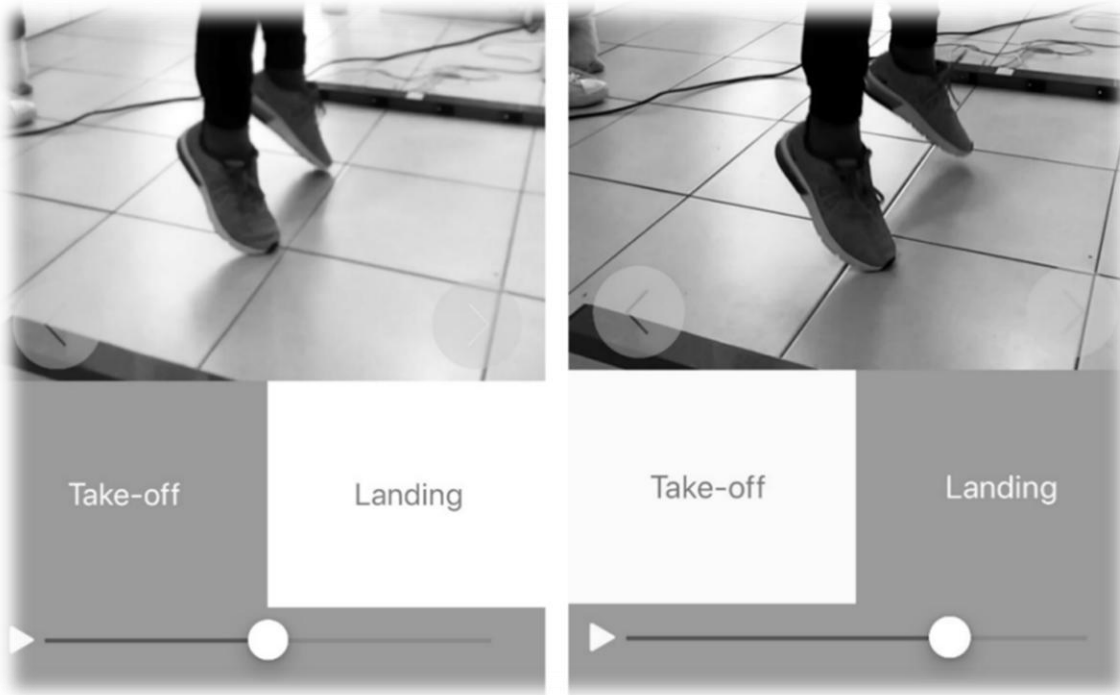
(once again x3)

Today's toys

MAINLY THIS

A TINY BIT OF THESE

Bring it on

Questions?