



Watching Footage for Impact

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Viewing as a Group

- Have goals when watching
 - What are you looking for?
- Preview the footage as a captain or coach
 - Cutting or marking time on the footage
- Have statistics available
 - use the lineups to talk about who is doing what and when
- Utilize variable speed viewing to your advantage



Setting Goals

What do you want to get out of watching?

- Analyze an opponent
 - Use comparison, she pivots like Skater A, but when she jams, she skates like Skater B. They play defense like Team X who we just played...
 - Analyze over all trends, they tend to group up, they spread out, they always attack the jammer etc...



Setting Goals con't

- Analyze your Team
 - Don't show the entire game
 - (we all just watch ourselves!)
 - Isolate team plays
 - Look at interaction, isolate instances where skaters worked together or missed opportunities to do so
 - Look at over all team trends, under these circumstances, we excelled at X, under these, we struggled...



Previewing Footage for Presentation

- Watch the game several times in its entirety
- Mark time or cut the footage to present exactly what you want to show
- Take notes on each jam, and present the ones that repeat.
- Have the statistics in front of you
 - Follow along with each jam, and watch them a few times with different focus



Statistics

- Stats can be helpful to you in preparation, and for the skaters as they watch
 - Try to break down the stats for the skater group. The entire package can be overwhelming if you are not familiar with it. Give jam by jam lineouts:
 - Brewcity: Killy P, Kat 2, Poptart (boxed) 3, Pound 4, High D J
 - MRD: Mouse P, Stitch 2, Dolly Pardon Me 3, Juke Box 4, Jewels of Denile LJ



The Wonders of Technology

- Variable Speed Viewing
 - Slow Motion
 - Use this to highlight plays and to analyze the action as it happens.
 - 4x Fast
 - Use the fast forward speed to show over all patterns of the game.
 - Identify jammer lines, and compare to the opponents,
 - See pack movement patterns



Group Watching Techniques

- Set the Atmosphere!
- Identify Team Strengths and Weakness
 - Preview and prepare your thoughts
 - Give the team the goal of identifying several things that they notice.
 - Discussion is key at this stage, let the team go first and then add in your prepared observations.



Group Watching con't

- Building confidence through footage
 - Have each skater identify an opponent that has a similar style
 - Focus on that skater through out the viewing and have them watch for the following things
 - What positions and how often that player skates
 - What kinds of skaters they match up with in the game (Not who was the other pivot if they were pivot, but who does that skater go after)
 - Penalties, what do they do, what can your skater do to keep from doing that.



Scouting Players and Teams

- Focus on Group Strategy
 - What are their trends, do they play a 3:1, man on man, etc.
 - Do they rely on any individuals?
- Focus on Individuals
 - Watch for skaters that carry the brunt of the lineup load
 - Watch their penalties
 - what do they go to the box for regularly
 - Are they penalties that can be forced?



Scouting Teams and Individuals, con't

- Once strong players are identified, have your likely match-ups watch footage of them.
 - Watch for body language and tells
 - Do they always look at the person they are going to hit, fake a certain way?
 - Watch for line and their “home” position
 - Where do they go to reset?
 - Do they prefer to hit inside out or outside in?
 - Jammers –do they stay middle, outside or in?
 - Watch for level of aggressiveness
 - Do they wait and take advantage or do they attack and make action happen?



Video for the Female Athlete

- Women watch footage differently from men
 - “**Men need videotape; women don’t.** If you make a general criticism of a men’s team, they all think you are talking about someone else. Videotape is proof of the guilty party. You don’t need that proof with a woman. In fact, if you make a general criticism of women, everyone in the room thinks you are talking about her. If you tell a woman she made a mistake, she’ll believe you. Seeing it on tape often only makes it worse.”
<http://coaching.usolympicteam.com/coaching/kpub.nsf/v/3Apr06>
 - Examples of successful plays can mitigate the lack of confidence in play and can be a great tool to improve the overall confidence of the team



How to Present Footage

- Full game review in real time
 - Useful for overall strategy
 - Utilize small groups to focus on different things
 - Defensive strategy of your team
 - Defensive strategy of the opponent
 - Offensive strategy of your team
 - Offensive strategy of opponent
 - Penalties
 - Power plays
 - Share observations in group

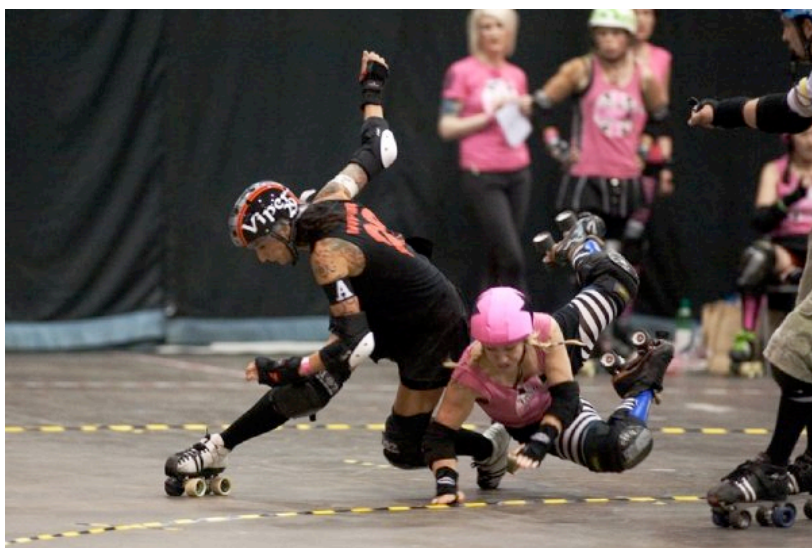


How to Present Footage

- Short or edited game segments
 - Utilize the slow motion tool here
 - Edit together a string of successful or unsuccessful jams to show commonalities that can be strengthened, or avoided
 - If you have multiple angles of the same plays, show the key plays from all of them
 - *If you don't have editing and cutting capabilities, track the times and skip around to show them together*



Questions?



For more information,
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