

What is Performance Analysis?

Performance analysis is a relatively new area of sports science which is being utilised. Although sport notational analysis dates back to dancing early in the 19th century, the concept didn't kick off until the early 2000's in GAA when Armagh won the All Ireland utilising hand notation systems. Since this many developments have occurred in performance analysis. "Stats" are now being databased giving managers more information on their own team. Analysis has seen a major shift from the use of hand notations to predominately computerised software such as Dartfish, Sportscode and my personal favourite, Nacsport.

Performance analysis can be used to analyse various aspects of sports ranging from basic details such as puck outs to intricate data such as expected points per game per player. One of my favourite things about Performance Analysis is that it can be utilised by every type of coach, from the underage camogie coach in the local club to the senior camogie manager looking to win an All-Ireland. Throughout my upcoming articles I will show how Performance Analysis can be utilised by all camogie managers by going into greater detail on all hand notation systems (paper stats) and computerised systems.

How Performance Analysis can impact camogie?

Performance analysis is part of the coaching process (see figure 1). After each game, whether it is done subliminally or deliberately, coaches analyse games. In some cases this analysis is done by replaying key events of the games or how an individual player performed. In a study carried out by Franks and Miller (1986) it was observed that experienced coaches can only accurately



recall events 59.2% of time. This is where performance analysis can aid the camogie coaches of all experience. Performance analysis can help fill the gap and enable coaches to give accurate feedback to players. As seen in the coaching process, analysis plays a key role in the process but how camogie coaches fully utilise it?

The first step is to decide how much data you are going to track. As a coach do you want all the information and stats recorded and presented to the management and the players or do you only want the key performance indicators (KPI's) relayed? I have found the latter way to work best in my experience, but as an analyst I still record as much data possible so I can investigate emerging trends. This allows management to give clear and concise feedback to players regarding familiar KPI's with the prospect of the players taking ownership of their KPI's.

The best advice I can give any coach in regards to analysis and feedback is to get games recorded. Even though it may appear that I am stating the obvious, I only experienced two opposition teams recording games his year. Video can give players very good feedback as they get to see the events for themselves. There have been several times when I have sat down with athletes and shown them clips of various aspects

of their performance. Through viewing their video clips, the athletes have been able to identify areas for enhancement and skill development in their own personal performance.

For teams who can't get games recorded there is many other ways that information on the game can be recorded, which can aid coaches feedback. Simple hand notation templates can record many events/ stats from camogie games which can give coaches precise and informative information about an aspect or area of a team or individuals performance. Underneath is a simple hand notation template which records the outcome of the shots in a game. It is a very basic example of a hand notation template but it still provides a coach with accurate feedback to give to his players.

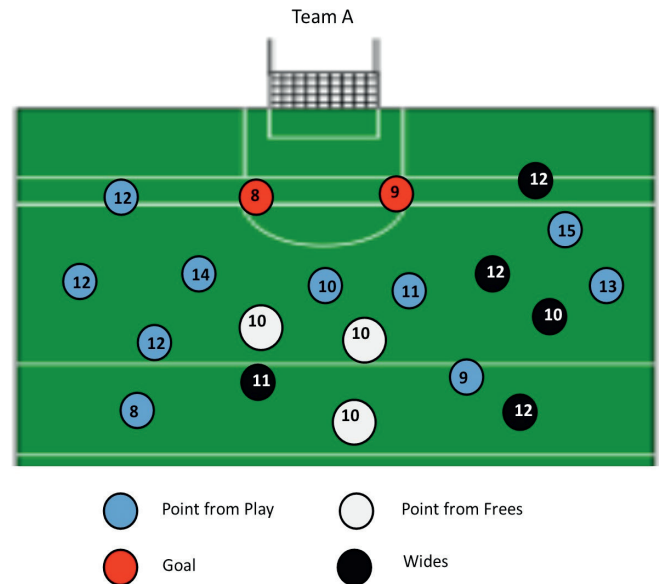
Team A Shots

Goals	Points	Wide	Short
1	1 1	X x x	X x
	1 1		
	1 1	X x x	X x
	1 1		
	1	X x	X
	1		

Team B Shots

Goals	Points	Wide	Short
1 1	1 1	X x x	X x
	1		
	1	X	X x
	1		
	1		X x
	1		

By changing the style of our hand notation template we can record much more information about shooting. For example if you use a pitch to notate a team's shots, we can notate the location of the shot, the outcome of the shot and who had the shot. This can give coaches some very good tactical data as well as feedback for players. For example we see player 12 scored 3 points from the left side but had 3 wides from the right side. This can be good tactical information for the coach but also can provide good feedback for the player and give her an area to focus on during training. By using the pitch map to record shots it gives us the previous data as before with some added player specific data. The great thing about this template is that it is easy to use and easy to interpreted.



I understand there is a cost related to recording games but when you have the video, the options available to you are endless. Programmes, such as Windows Movie maker which is free, allow you to cut clips and make separate videos (be warned it can be time consuming) which are great for providing players with feedback . Also Nacsport have a basic package which will allow you to record 25 actions a game, make presentations of these actions and create dashboards which are very handy if you are going to track the same performance indicators each game, so there is value for money to be had with analysis software.

In next month's article I will delve deeper into the selection of suitable KPI's and how to record your data.

Until next time,
Tomas

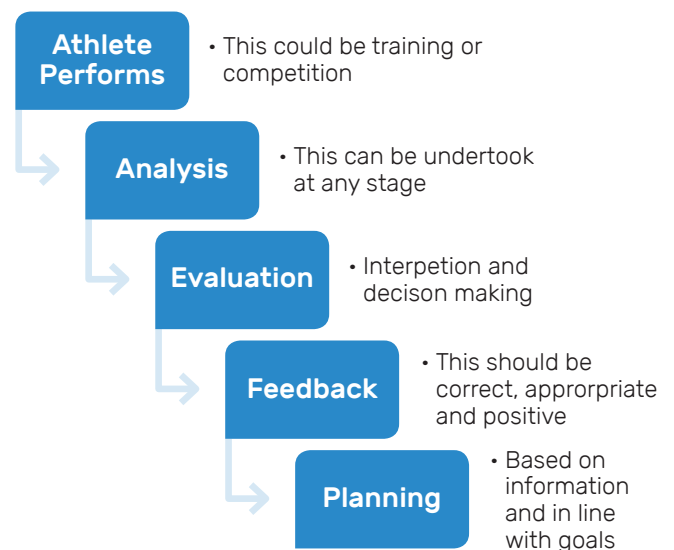


Figure 1 Coaching Process

