

Digital Analysis

Most players learn more by absorbing information visually rather than verbally so gaining feedback using video analysis is more likely to have an effect than listening to instructions on court. The system is ideal at any stage of a player's development & has two main uses. Firstly it offers players the opportunity to see their shots for themselves & then compare their technique with that of any of the pros in the Optima library.

Secondly it can be used to chart a player's progress right from the start of the learning process. A report detailing the areas requiring work is given to every player & videos can be taken at regular intervals to provide tangible proof that improvements are being made. All the action is put onto a CD so players can analyse the sequences away from the lesson & any new footage is simply added to the CD.

Players often believe they are performing a technique in a certain way, only to discover through slow motion analysis that that is not the case! Digital analysis provides the medium to show players exactly what they are doing & when they are doing it. It is simply a more accurate way of rectifying technical flaws. I am offering either individual or group lessons using the Silicon Coach software. The structure of the lessons will be as follows:

Individual

The player warms up for twenty minutes, practising the shots to be videoed & then the filming would last for about ten minutes. The shots would then be edited & put into the software for analysis. The analysis would last for about thirty minutes & the cost for the hour is £46.00.

Group of 4

The players hit for forty minutes, drilling & practising their shots & then the filming would last for about thirty minutes. The shots would then be edited & put into the software for analysis. The analysis would last for about thirty minutes & the cost for the two hours + is £25.00. per player.

I hope some of you choose to take advantage of this great opportunity to improve your game.