

# USE OF VIDEO IN A PRACTICE SETTING

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**“A picture is worth a  
thousand words – a video is  
worth one million.”**

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Although, video analysis is used a lot for match preparation and scouting, **much more time** should be spent using this valuable tool in the practice/training environment. Skills will improve more quickly and you will have a permanent record of the improvement.

You do not need to use video in every practice. Also, it is best to use it in **small groups**. So plan an individual/group format one out of eight or ten practices. Use no more than 2-3 players per 20-30 minute session. **Never have more than three to a group.**

Script & choreograph what you  
want **prior** to practice

Have someone **other than yourself** operate the video and playback system. So there is a separate camera operator and coach to instruct and give feedback.

Execute the skill **three to five** times

- video it
- view it immediately on a nearby monitor
- give your feedback and comments – especially the first time through.
- Immediately after viewing go right back to gym floor and have the player once again execute the skill **three to five** times – video it
- view it ..... repeat again.
- **Do this sequence of video of skill execution + viewing video a minimum of three times**

You may want to model the  
"correct" execution of the skill  
with another player actually  
performing it. Or you can use a  
model on video



**Player self-evaluation checklist** – create a list of 3-5 criteria/cues that the player can look for in her/his skill execution. Make the player responsible for checking these off as they view the video.

**Keep a video for each player** – excellent visual record of improvement, also a visual record to refer to compare present day technique to several weeks or several months ago

You can utilize video for every practice and use it for a certain segment – the key is the immediacy of the feedback (viewing of video) – **it must occur as soon as possible.** Coach's Eye, YouTube, Vimeo, Dartfish, etc.



ART OF COACHING  
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## **Continuing Education**

If you have questions or want to receive this presentation as well as other coaching and athletic resources feel free to contact me at:

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Drills, tactics, techniques, philosophies, fitness tips, nutritional advice, mental training – it's all here at **TheArtofCoachingVolleyball.com** - all taken from the valuable input of numerous coaches across the country who have mentored players at every level and every age.