

OA10. Maximizing Learning from Video Reviews: Strategies for Effective Use

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Introduction

Each week unfurls a tapestry of imagery before me — close to 8 – 10 hours devoted to video review, a practice I've sustained with unwavering commitment for the last decade and a half. Annually, this amounts to over 400 hours of meticulous analysis, save for a brief respite to mark the year's end. The sheer volume is staggering, a testament to the dedication this craft demands.

Yet, the truth that emerges from this sea of footage is that not all video reviews are created equal. The quality of the material you provide is the bedrock upon which I sculpt my feedback. In turn, the efficacy of my insights is intrinsically linked to how you apply them. Video analysis is not merely a tool but a potent conduit for transformation, demanding a rigorous discipline to unlock its full potential. This discipline entails more than mere adherence to structure; it is the embodiment of structured behaviour that turns raw footage into refined skill.

“This handout is to provide a structure that guides behaviour that builds discipline”.

1. To optimize the benefits of video review with me, it's crucial to embrace and effectively implement the 'Plan – Do – Review' cycle as a focused approach to directed learning.



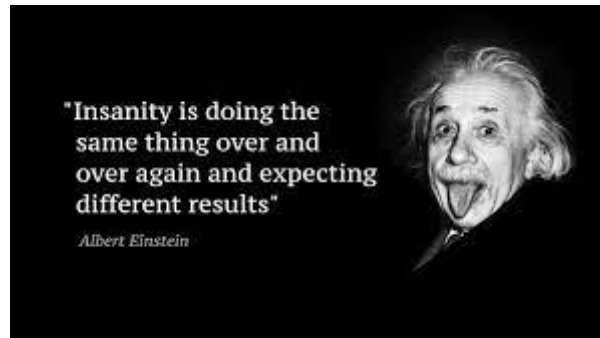
2. This entails:
 - a. Carefully strategizing the content, you intend to submit for review.
 - b. Executing your plan with precision during your time on the water.
 - c. Attentively absorbing the feedback provided in the reviews to refine and inform your subsequent 'Plan – Do – Review' cycle.

3. The initial footage you provide sets our collaborative process in motion. From there, I'll identify key performance aspects requiring enhancement to propel your progress. My commentary, while selective, targets pivotal areas for improvement—those that, when addressed, can lead to broader advancements with minimal adjustments. Drawing from my experience, I aim to guide you efficiently, often offering a spectrum of developmental tips.

4. The follow-up videos you submit ought to be a direct response to the initial feedback. Here's how to ensure they are impactful:
 - a. Introduce your video with a brief text explanation or accompany it with an email that outlines your focus areas, drawing my attention to your implementation efforts and the impact of the previous feedback.
 - b. Showcase approximately 3-5 attempts to apply the feedback in action. These should be compiled into a concise clip, ideally lasting between 30 to 45 seconds, to demonstrate the adjustments you've made.
 - c. To ensure effective and timely remote coaching, please make sure the video showcases your latest attempts. It's essential for my analysis and feedback to focus on your present performance, rather than on past efforts that may no longer reflect your current skill level.

5. For the clearest analysis, please upload your clips to the OnForm App in the highest resolution possible. Transferring files via Facebook or WhatsApp often results in compression and diminished video quality. The app enhances our review process by enabling me to:
 - a. Pause, zoom in, and focus precisely on areas of interest.
 - b. Annotate specific segments for detailed feedback.
 - c. Conduct side-by-side comparisons for a comprehensive analysis.
 - d. Store videos in a secure cloud for several months, ensuring I can access them across all my devices for reference during our live sessions.

6. Always be prepared with a notepad and pen when reviewing my feedback. After taking thorough notes, distil them into two or three actionable tasks to focus on in your next session. These could be specific actions for each technique or broader skills I've suggested you develop. Commit to these actions diligently to avoid veering off course and to ensure continuous improvement.....



- a. Take the time to pause the video while taking notes. The act of transcribing what you've heard into written form is a crucial step in the learning process, aiding in comprehension and retention.
 - b. If any part of my feedback is unclear or difficult to understand, please reach out for clarification. Effective communication is key to ensuring you gain the most from the coaching.
 - c. Utilize your notes as the foundation for planning your next session, ensuring that the feedback is actively incorporated into your ongoing development strategy.
7. Titling in Video Analysis: Ensuring that titles are clear and informative is crucial. When you submit a video for analysis and receive feedback, the title will not only include the name of the trick but also be tagged to indicate the stage of review - either Initial Look, Review, or Review Complete. This structured approach streamlines our process, allowing for feedback that is both more precise and actionable.
 - a. Initial Look: This tag signals the beginning of the review process, outlining the focus areas for improvement.
 - b. Review: At this stage, you'll receive in-depth feedback on your technique, providing clarity on what's working and what needs adjustment.
 - c. Review Complete: A celebration of your achievement, this tag means you've successfully incorporated the feedback and mastered the trick!

By adopting this titling system, we ensure that each step of your progress is clearly marked and easy to navigate, enhancing the overall effectiveness of our video analysis.
8. Analysing a mere 30 seconds of video can require up to 30 minutes of my time, sometimes even more. For those who haven't experienced a live video review session with me, this level of detail may be hard to grasp. There are moments when, after several viewings over a few days, I am still deciphering a subtle but crucial aspect of your technique. Accessing my own 'flow' is essential to provide you with the most insightful feedback.

9. Daily reviews? Not typically necessary, unless we're on the cusp of a significant breakthrough. A more effective rhythm is to have reviews every other training session, or perhaps every third one. This frequency can vary for each athlete, and I will guide you on what's best. If you're unsure, always feel free to ask.
10. When focusing on specific skills, ensure your videos align with our current discussions. The more targeted the content, the faster your progress. While it might seem beneficial to receive a multitude of tips, the most effective approach is to concentrate on one aspect at a time, steadily advancing by 1% each day. This focused strategy is challenging, but it's the hallmark of a champion.
11. It's okay to introduce something new you're working on. When you do, make sure to highlight the specific area you want feedback on. Occasionally asking, "What do you think of this?" is fine, but ideally, our ongoing feedback should naturally guide your development.
12. Submitting a couple of competition runs every month, or every 8-12 training sessions, is incredibly helpful. Even if the run doesn't go as planned, upload the video. Failures can be just as informative as successes.
13. I generally don't retain videos on OnForm for more than three months. Constantly reviewing past footage is time-intensive and not a primary focus of my coaching method. However, if you could save a key video each month on your hard drive and share it with me during our review sessions, it would be a valuable tool for tracking your progress.

Reflective Insights for Progress

1. **Methodical Evolution:** Consider your training like a science experiment, where altering one element at a time in a compound is key to discovering new outcomes. If you change multiple elements simultaneously, pinpointing the effective change becomes challenging. It's a gradual process of modification and accumulation, day by day, building towards the goal.
2. **Precision in Goals:** Specificity is non-negotiable for success. What exact aspect do you plan to improve tomorrow? Vague objectives lead to vague results. Detail your target for each session.
3. **Embracing Trial and Feedback:** If you're unsure whether you're executing the right technique, just go ahead and try it. Show me, and I'll provide feedback. This approach fosters a learning environment where mistakes are not failures but steps towards greater mutual understanding. Every attempt, right or wrong, refines our communication and contributes to our collective growth.
4. **Success Beyond Tricks:** True success lies in mastering the capabilities we focus on, not just in executing a trick flawlessly. Take the lunar trick, for instance – it involves multiple stages and sub-steps. Focusing solely on the end trick without acknowledging the incremental learning stages will only prolong the process. Celebrate and recognize each small step leading towards the final outcome.

5. Internalizing the Coach's Voice: Without a physical presence like 'Jacko' to motivate or guide through frustration, employ mental rehearsal. Ask yourself, "What would my coach say or do in this situation?" This mental exercise not only bolsters your skills but also fosters independence and self-guidance.

6. Valuing Diverse Inputs: If your peers offer different advice, accept it graciously. It's encouraging that they are invested in your progress. Sometimes, they might provide immediate, situational advice that seems more apt than my guidance. However, remember the structured steps I've outlined – they might not always be apparent but are designed to develop multiple capabilities in a cohesive manner.

Mastering this approach is what transforms video analysis from a mere repository of information into a powerful catalyst that propels your boating skills forward.

Engage in this process diligently with me, and together, we can significantly elevate our performance and experiences on the water.

Essential 100 Words - 10 Points Check List

- [] Engage consistently in video review sessions.
- [] Implement the 'Plan-Do-Review' cycle for structured learning.
- [] Strategically plan and execute content for video submissions.
- [] Actively absorb and apply feedback from reviews.
- [] Use the OnForm App for uploading high-quality videos.
- [] Prepare a notepad and pen for taking notes during reviews.
- [] Understand that detailed analysis may be time-intensive.
- [] Schedule video reviews optimally, as advised for your training.
- [] Align video content with current training focuses.
- [] Introduce new techniques in videos and specify areas for feedback.

Related resources - check out RT 1 How We Learn for more on the learning pathway..