



CSWU Soccer Club – Technical Manual

Technology Support & Video Analysis

Effective Date: 2019 Revision

A big part of Calgary South West United Soccer Clubs player development is the Video Analysis program. Through this program we can break down the game to all the competitive teams' coaches and players making sure everyone understand how we can improve every player. When analyzing the game, we focus on four moments of the game:

- Possession
- Non-Possession
- Defensive Transition
- Attacking Transition

Procedure

Video Capture > Video Upload / Analysis / Sharing:

- Cloud based platform already in place for quick and simple uploading & downloading of video files
- Completed breakdown video analysis files are shared with club teams (coaching staff & players) with session plans accompanied for further implementation for future sessions & gameplay (software used: Tactical Boards - TacticalPad which are both cloud based for simple access)
- Use of club facility classroom theatre for group individual & team video analysis presentation

Video Analysis Capabilities



- Footage is shot weekly and shared with teams on their scheduled day off
- Club staff with video editing / tracking experience in place for technical & tactical breakdown analysis using multiple editing suites such as FCPX, INTERPLAY, COACH'S EYE & HUDL
- Multiple cameras (Canon & GoPro brands), tripods, wall mounts & camera crane are in possession
- Footage is stored either within camera hard drive or on SD or SUPER-SD memory cards