

Chapter

2

Getting familiar with Dartfish software



Version 4.0

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1 Getting familiar with Dartfish

Whether you are new to Dartfish or looking to improve your knowledge, this chapter is essential reading. It covers all the basic information and skills that you will need in order to be able to use Dartfish effectively.

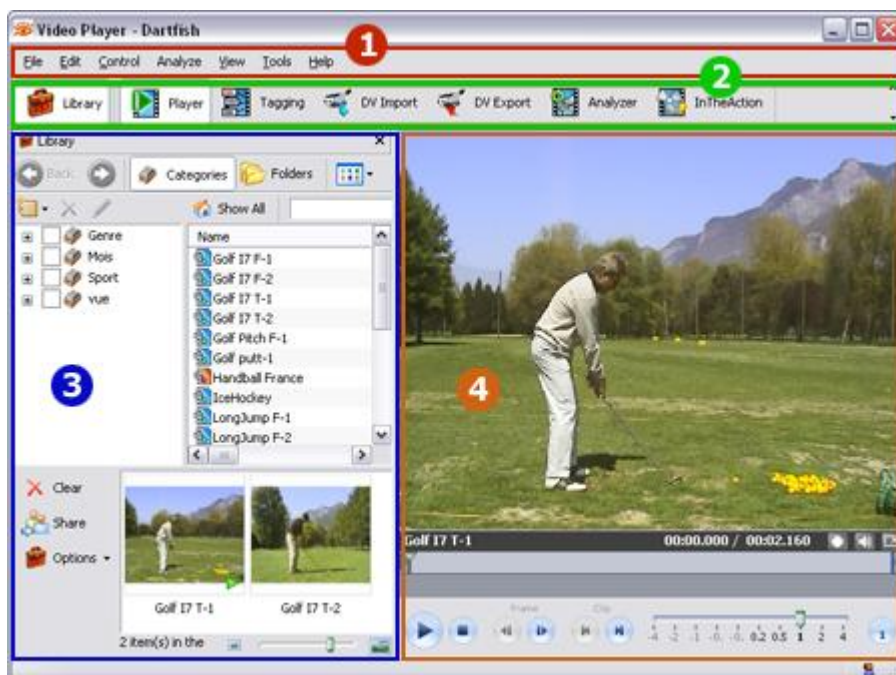
You will become familiar with

- [The Dartfish workspace](#) and the [Start Page](#)
- [Video playback](#)
- The basics of the [Video Library](#)
- [Saving projects and videos](#)
- [Sharing video clips](#) between Dartfish's different modules and with other athletes or coaches.
- [Remote controlling](#) Dartfish software.

After "getting familiar with Dartfish" you will be well on your way to using the broad range of analysis, instructional and video sharing features that comprise this complete Sports coaching tool.

1.1 The Dartfish workspace

Dartfish workspace is designed so you can navigate through the video analysis and sharing processes easily. Following, is an illustration of the Dartfish workspace.



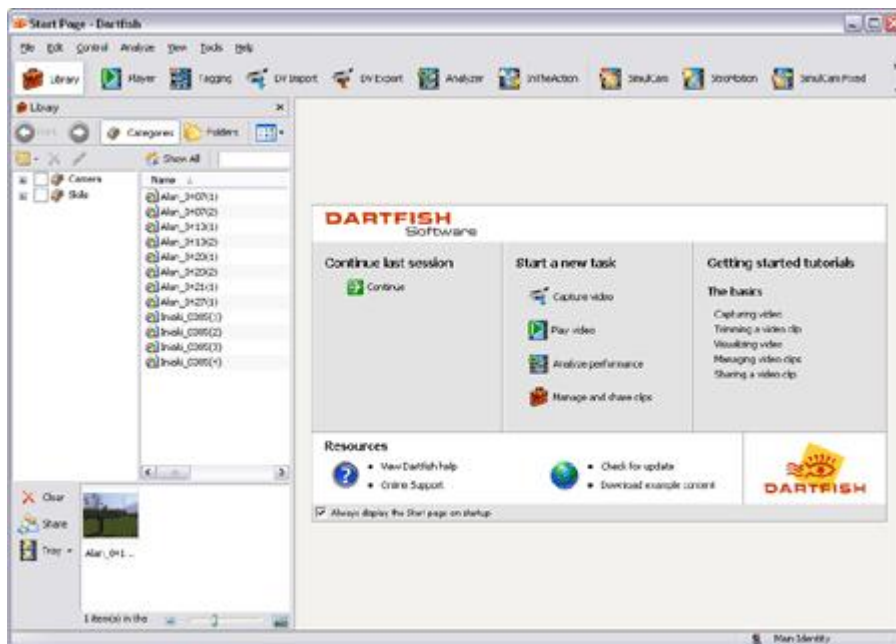
1. The *Menu bar* to access different Dartfish views and functions. Click a menu at the top of the program window to see the related menu commands.
2. The *Toolbar* buttons control what appears on the workspace such as the library and each module (e.g. *Analyzer*)
3. The *Library* allows you to manage, locate and share video clips and Dartfish projects. The library includes:
 - the *Folder View* and *Category View* (on the left) to locate the files.

- the *Items List* (on the right) which lists the located files.
 - the *Tray* (at the bottom) is a working area for storing video clips that you want to work with.
4. The *Module* window is to carry out your tasks such as video capture, replay, comparison and drawings.

! Context menus are also available throughout the program. Place the mouse pointer over the panel, button object or feature with which you want to work with. Click the right mouse button, and select a command from the menu.

1.1.1 The Start Page

The first time you launch Dartfish, the workspace is occupied by the *Start Page*.



The *Start Page* is divided into 4 areas:

1. *Continue last session* - click on *Continue* to continue your last work session (this link will not show the very first time you launch the software).
2. *Start a new task* - use these links to configure the workspace for the selected task.
3. *Getting started tutorials* - click on a link to launch a video tutorial to help you get started with a specific task.
4. *Resources* - contains useful links to Help and links to Dartfish's website such as updates to your software and downloads of free video clips.

Check for updates

The Dartfish team is constantly working to improve the software and many of the updates are free. Clicking the *Check for update link* every few months will ensure that you continue to benefit from improvements and enhancements.

Closing the *Start Page*

If you wish, you can disable the *Start Page* when you launch your Dartfish software by "unchecking" *Always display the Start Page at startup* which is at the bottom left hand side of

the *Start Page*.

It is possible to re-start the *Start Page* at any time by selecting *Tools > Start Page* in the *Menu bar*. The Start Page is closed by selecting any other Dartfish module from the *Toolbar* or *Tools menu*.

1.1.2 Displaying Dartfish Modules

Dartfish is composed of *Modules* - each with individual functions for analysis, instruction, sharing etc. A module is displayed in two ways:

1. by clicking the appropriate *Toolbar* button.
2. by selecting the module from the *Tools* menu in the *Menu bar*

You do not need to close a module to open a new one - clicking on a module button automatically replaces the old one with your selection. Only the *Library* can be simultaneously displayed next to a module.

The core modules are listed below. More modules can be available based on the Dartfish software edition you purchased. Read the relevant help chapters to learn how to use them.



DV Import - simple tools to capture video footage from your camera.



Player - playback and trimming of video clips




Analyzer - comparison of clips, drawing tools, key position analysis and publishing.

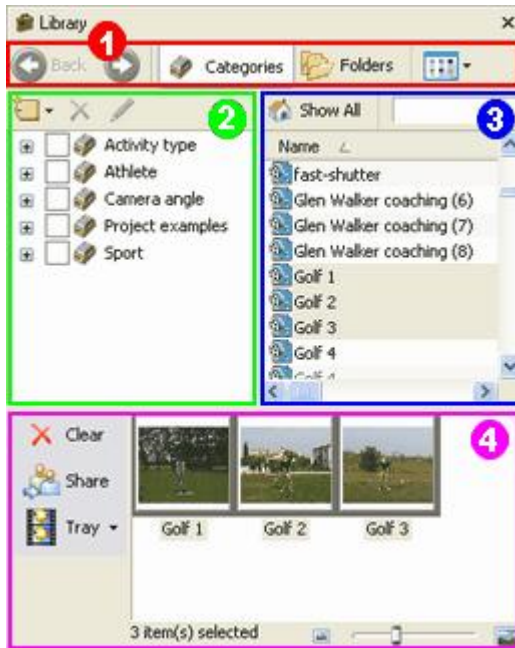
1.1.3 The Library

The *Library* allows you to locate, load, manage and share video clips. It is displayed and hidden using the *Library* button on Dartfish's toolbar.



 *F8* keyboard shortcut - closes/opens the library; it has the same function as clicking the library button.

The library module is shown below with its four main parts labeled:



1. The *Library Toolbar* contains buttons used to control the appearance and content of the *Items List*.
2. The *Categories View* is used to locate video clips matching categories and values selected (see link). When this area displays its *Folders View*, the content of selected windows folders will be displayed in the *Items List*.
3. The *Items List* is a list of video, image and project files that can be used by Dartfish.
4. The *Tray* is a working area for storing video clips that you want to work with. It is used to share video clips between Dartfish modules and also share by email, CD ROM and Internet.

1.1.4 Resizing windows

You can resize windows in the workspace as follows:

1. Place your cursor near the boundary between two windows.
2. Once the cursor changes into a bar with two small arrows on either side, click and hold down the left button of your mouse. Then you can move the cursor until the window is at your desired size.

The windows can be resized both vertically or horizontally.

! When you close the software, the new layout is saved.

1.2 Video playback

The ability to control playback (play, pause, play frame-by-frame, modifying playback speed, etc.) is one of the simplest benefits of using video analysis software.




To visualize a video clip, first open it by:

- Double clicking the corresponding file name in the *Items List* of the *Library* OR
- Drag & drop your chosen clip onto the video panel of the module.

1.2.1 The Timeline

The *Timeline* is a visual representation of the video clip(s) currently loaded in a module.





The overall length of the video clip is represented by the bar along the bottom of the *Timeline*. The part of the clip that will actually play is represented by the pale blue area between the cue in point () and the cue out point (). The current playing position (the *Playhead*) is marked by . The image displayed in a module screen corresponds to the playhead's current position.

1.2.2 Trimming video clips

Trimming video clips, that is setting new cue in/out points, is often necessary. Perhaps because unnecessary footage has been captured at the start or end of the clip. Perhaps because you can analyze or coach more effectively if the clip is shortened to show only specific actions.

Setting cue in/out points

1. Point the mouse at the cue in/out marker ( / ).
2. Click and drag to the chosen start/end point. The video display will show the selected start/end frame as you drag.
3. Release the mouse button.

You can also click in the *Timeline* to position the Playhead, right-click and select *Set In* or *Set Out*.



Once the new in and out points are set, you have the choice of saving the trimmed video clip (see [Saving a new video](#) to learn how to do this).

Reset cue in/out points

1. Right-click on either the cue in/out markers or the Playhead.
2. Select *Reset in/out Points* from the context menu (see illustration above).

You can also select *Analyze>Reset user's in/out values* from the *Menu bar*.

1.2.3 Video panel controls

All the different modules have some control over how video is played. The video panel controls for the *Player* module are shown below. Most modules will have some of these features although not all controls will always be available according to that module's specific needs.



The buttons have the following functions (from left to right):

- *Play/pause* - becomes a pause button when the video is playing (keyboard shortcut: Space bar)
- *Stop* - also returns to the start of the clip ([Shift] + S)
- *Step previous* - back one frame ([Ctrl] + [left arrow])
- *Step next* ([Ctrl] + [right arrow])
- *Previous clip* - play the previous clip in the *Tray* ([Ctrl] + P).
- *Next clip* ([Ctrl] + N).



Hit F11 on your keyboard to display the video in full screen. Use the keyboard shortcuts listed above to control the video playback.

Controlling speed

A wide variety of playback speeds can be selected using the speed control, shown below.



Clicking a number will position the speed cursor accordingly (e.g. 0.5). You can also click and drag the cursor to select a precise speed (e.g. 0.35 as illustrated above).





Moving the Playhead

You can directly move the Playhead to a new position. To do this:

1. Stop or pause the video, if it is playing.
2. Click anywhere in the pale blue area of the *Timeline* (or click and drag the Playhead left or right).

1.2.4 Repeat mode

What do you want to happen when the clip(s) you have loaded finish playing? The *Repeat* button found in many Dartfish modules (located on the left of the speed control) offers a number of choices as shown below.

-  Play current clip once.
-  Repeat current clip.
-  Play all (clips loaded into the tray) once.
-  Play all then repeat.

To change the repeat mode

Click the repeat mode button. Each time it is clicked, the mode (and the button icon) will change.

! The tooltip (the yellow box which appears when you point your mouse at a button or control) shows both the mode that will be activated when the repeat mode button is clicked and the current mode in parenthesis.

1.3 Saving projects and videos

When working with many Dartfish modules you will have the choice of saving a "project" or saving the video file resulting from the project.

Saving a project

When you save a project you are saving all the information that relates to the creation of that project; the video files used, the settings chosen etc. Generally you will save projects if you wish to make changes to the project to get a better result or because you wish to base a new project on the settings used previously.




! It is important to note that projects do not actually include the video files used by the project. For example, saving a project using two 5Mb video clips will not end up in a project file somewhere over 10Mb. It also means that if sharing projects with other Dartfish users, you will also need to give them the video files used by that project.

Saving a video clip

When you save a video clip you are creating a new video file that can be used by other Dartfish modules or shared with others - even those who do not have the Dartfish software will be able to play back video clips on their own computers.

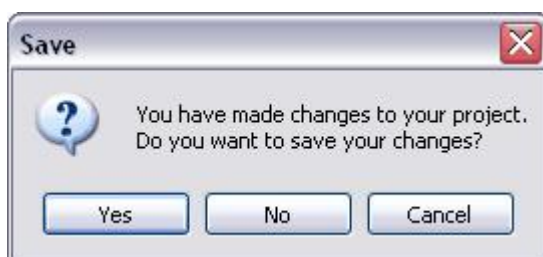
1.3.1 Saving a project

Select *File>Save* (or *File>Save As...*) from the *Menu bar* to save a project. The type of project (and project file icon) depends on the module currently in use when saving:

-  - Analyzer project
-  - SimulCam project
-  - StroMotion project

! If a project is saved in a *Monitored folder* of your *Library* (see section [Defining your library](#) in the Library chapter), it will be displayed in the *Items List*.

! If you did not save a project when changing modules, you will be prompted to do so. Select *Yes* to save a project.



To open a saved project

- Double-click on the project icon in the *Items List*
- Select *File>Open* from the *Menu Bar*.

To start a new project

Select *File>New* from the *Menu Bar*. If you did not save the current project, you will be prompted to do so (see above). Starting a new project will also empty the *Storyboard* of the *Analyzer*.

1.3.2 Saving a new video

Select *File>Save Movie...* from the *Menu bar* to save a new video. A wizard will guide you through the saving steps. Different wizards are shown based on the module currently opened.

Video Trimming Wizard

The Video Trimming Wizard will launch when the *Player* module is open. Complete the wizard to save a trimmed version of the clip currently loaded in the *Player* (see [Trimming video clips](#) to learn how to set the cue in/out values).

There are two options:

- *Replace the original video clip by the trimmed video clip* - Used to delete unnecessary footage at the beginning and end of a captured clip.
- *Create new video clip into the following folder* - Used to extract video clips from a longer footage.

Video Saving Wizard

The Video Saving Wizard will launch when the *Analyzer* module is open. Complete the wizard to save a montage of the analysis contained in the *Storyboard* (read the chapter on the *Analyzer*). The main steps of the wizard are:

1. Selecting the video settings (see [Converting video](#))
2. Entering the file information, i.e. a file name and the category/values to classify the new video (see [Organizing your library](#) to learn more about the file name and categories)
3. Selecting the destination folder

1.4 Sharing video files

Dartfish offers many ways of sharing videos with athletes or other coaches. The *Video Sharing Wizard* guides you through the process of selecting and compressing video before exporting it to the appropriate media. The choices of sharing destination are:

- *My Computer* - copy your video to a folder, to an external drive or to a network server.
- *Email* - the video clip is compressed and attached to an email in your default email program (see note below).
- *Recordable CD or DVD* - burn video to CD or data DVD directly from Dartfish.
- *Enhanced Recordable CD or DVD* - creates a CD with an easy-to-use interface customized with your branding and contact information.
- *Internet* - send video to a FTP location.

! The share by email option works for any MAPI email software such as MS Outlook or Outlook Express. For other email software or web-based email like Hotmail you will have to attach video files through the software or website itself.

1.4.1 Video Sharing Wizard

Loading clips for sharing

The *Video Sharing Wizard* is a feature of the *Tray*. Start by loading the video clips you wish to share into the *Tray*. To do this, drag-and-drop video files from the *Items List* to the *Tray*. Hold down the [Ctrl] key while clicking on the files to select multiple files.



Once video clips are loaded, click the tray's *Share* button.

The *Video Sharing Wizard*

The process of sharing is guided by the *Video Sharing Wizard*. Three steps are common to all sharing destinations.

1. Selecting the sharing *Destination* - Click on a destination then on the *Next>* button (at the bottom of the window) to proceed.



2. Selecting which videos you wish to share. "Check" those to be shared as shown below or click the *Select All* button:



3. Choose the video settings (encoding profile) appropriate for the selected destination (see [Video settings](#) for information on the different encoding profiles).

Specific additional information may be entered according to the selected destination. Read the

information displayed in the wizard to complete these information (read also [Sharing destination](#) in the Library chapter).

1.4.2 Converting video

When sharing or storing video, one inescapable fact is that video files are big files and that becomes an important consideration. To give you an idea of what you are dealing with, every second of uncompressed video is approximately 25 Megabytes. To put that another way, every Gigabyte of hard disk space you have can only hold 40 seconds worth of uncompressed video.

This problem is addressed by compressing video by means of encoding. Dartfish has integrated most of the industry standard encoding and has defined profiles appropriate for sharing and storing video across different media.

Dartfish encoding profiles

<i>Profile</i>	<i>Bit rate</i>	<i>Use</i>
DV	25 Mbits/sec	Converts other formats back to DV for compatibility with DV cameras. NTSC or PAL automatically selected.
Windows media for analysis recorder	1 Mbits/sec	High quality Windows Media format suitable for sound recording with the Analysis Recorder.
Windows media for CD	1.5 Mbits/sec	High quality Windows Media format recommended for best playback from CD or DVD.
Windows media for modem line	0.1 Mbits/sec	Low Quality Windows Media format with smallest file size suitable for email or ftp by modem line.
Windows media for DSL line	0.6 Mbits/sec	Medium Quality Windows Media format with compression suitable for email or ftp by broadband connection.
DV Indeo 5.10		Compressed DV format recommended for video to be used in MS PowerPoint presentations.

! If you feel comfortable with video encoding, you can define and use your own profiles. This can be done by selecting *Export* from *Tools>Options* in the *Menu bar*.

Video Settings in the Sharing Wizard

The Video Sharing Wizard includes a *Video Settings* step in which you can select the encoding profile:

Keep the original size and quality of the videos
 Convert the videos
 Select the encoding profile:
 Windows Media for CD
 Description: High quality Windows Media format recommended for best playback from CD or DVD.
[Edit the profiles](#)

If unsure, we recommend that you leave the default settings.

1.5 Remote controlling Dartfish

Many of Dartfish's buttons and controls can be activated by the remote control which is issued with Dartfish. During coaching sessions you are free to move and interact with your athletes and not your keyboard or mouse. In fact, it is one of the many features that the Dartfish team have put in place to help video analysis work in the real world.

1.5.1 Installing the remote control


Dartfish software is delivered with 2 kinds of remote controls, Streamzap and Philips. The remote control drivers are installed automatically at the same time as the software installation. Simply plug the infra-red receiver to a free USB port to start using your remote control.

! Streamzap & Philips remotes have different buttons so Dartfish has to know which remote you are using. Usually the choice is made when the software is first used. To change your choice:

1. Open *Tools > Options* on the menu bar (F3).
2. Click on the *Remote control configuration* topic.
3. Select the option for the remote control you use.

1.5.2 Using the StreamZap remote

The Streamzap remote controls many of the functions in different Dartfish modules. Remotes issued after summer 2005 now have the function of each button printed on the control. We recommend that you become familiar with these buttons and how they can help you coach more effectively. For older Streamzap remotes you can use the following guide to the equivalent buttons on your control.

 Now that you can use Dartfish remotely you should be able to display video in full screen. Type [F11] or look for the *Full Screen button* on the remote.



1.5.3 Using the Philips remote

The Philips remote control many of the functions in different Dartfish modules. We recommend that you become familiar with these buttons and how they can help you coach more effectively. Use the following guide.



1.6 The next steps

In this chapter, you learn the basics of Dartfish software.

Your next step is to learn how to get video from your digital camera onto your computer so that you can experiment with your own video straight away. Read the [Capturing Video](#) chapter.

You can learn more about how Dartfish can help you find relevant video files with the [Organizing your library](#) chapter. It will explain in detail the advantages of using categories to classify and find your video clips.

You can also refer to the help notes and FAQ on the Dartfish site: <http://www.dartfish.com/support>.

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