

Performance analysis at Dublin Senior Team

By Raymond Boyne, Performance Analyst to the Dublin Senior Team

Finding that "little bit extra" may be the difference between success and failure. Information Technology is advancing at a very fast rate, affecting all aspects of our lives and Gaelic football is no exception to the rule.

The need for objective, accurate and relevant feedback on the performance of players from both training and competition

especially was what led Dublin to choosing Dartfish.

Video and match analysis provides means of quantifying and qualifying various characteristics of individual and team performance. Indeed, this information is one of the most important aspects of the coaching process that enables performance to be improved through providing feedback.



Use of Dartfish

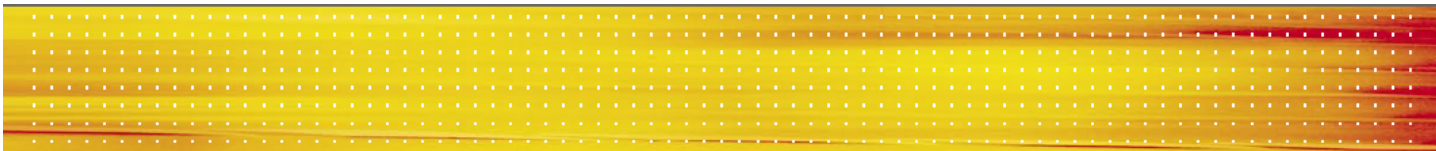
At county level time is a precious commodity and hence the need to make best use of time spent with the players. Dartfish is therefore an essential tool that lets us obtain and quickly handle information about our team and

our future opponents.

Dartfish has become an integral part of the Dublin set-up playing a vital role in preparing as both a team and as individuals. Dartfish allows us break down key areas of

both our own game and the opposition, highlighting areas in our own game that need improvement and areas in our opponents game that we can exploit.

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Stats	Game 1		
	All	1st	2nd
Foul	0	4	
Frees Open	0	6	
Kickout	0	8	
other	0	0	
Shot	0	7	
Sideline Ball	0	1	
Turnover	0	8	

Statistics play a vital role in Gaelic Football, or any sport for that matter, the advantage of Dartfish is that every statistic relates directly to a piece of video, making it easier to find, explain or simply watch the relevant piece of action.

Through the use of Dartfish we have reduced our video sessions from 90 minutes to 20 minutes. Giving us much more time to practice what we have just seen.

Added Benefits

In recent times a number of backroom staff has been added to all intercounty teams to cater for the very different needs of individual players. Dartfish has played an integral part in catering for the very different skills and techniques each position requires. Following team meetings we have the opportunity to add to individual critiques by distributing a CD to each player with his own positive or negative analysis. The player can then review his own actions and improve the understanding of the coach's comments.

Over the last two seasons we have expanded the use of Dartfish by taking it out onto the training pitch to get a more in-depth analysis of individuals and their technique.



Dartfish has many tools that allow you critique a player's attributes in a training environment and easily compare them to others within the squad. Overall Dartfish has become a vital part of what we do at Senior level and has proved an invaluable tool in winning two Leinster Championships.

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Benefits for the Players and Coaches

Players;

- Players Technical and Tactical Knowledge was improved.
- Critical Thinking was developed.
- Decision-Making was improved.
- Confidence was improved.

The coaches also feel that the video sessions have improved three key aspects of their own coaching practice:

Coaches;

- Assisted in the development of an effective style of play for the team.
- Enhanced their own professional development and coaching practice.
- Allowed for an in-depth review of matches.

Comments

'Dartfish has added a greater degree of professionalism to what we do in the area of statistics and video analysis in general. It has allowed us collect more information on both our own players and opposition players and gives our coaches a way to present the information in a timelier manner than is otherwise possible.



Importantly we have found that video can play a major role in motivating the players. Dartfish is used extensively in this area, again providing an added bonus to the team.'

“The software is certainly not something to be afraid of and the Dartfish team have been instrumental in helping us get the best use of their product”

- **Ray Boyne.**