



Why do I need the video Collections, why not watch the broadcast of a race?

Enjoy the TV broadcast, support the sponsors and cheer your favorite athlete to victory. If you want a deeper understanding of the sport and more importantly, your very own performance then the video Collections will be an excellent resource.

First, a brief list of all the distractions that will get in the way of a better understanding of the athletic movement: the athlete moves along the road, legs and feet are in motion; it's inevitable that a face will draw most of the attention. Factor in the crowd, motorcycles and the caravan. Did anyone say "movement pattern"? It does not even register. Eyes glaze with a sudden onset of Narcolepsy. It then becomes impossible to sort out which features of the performance require your attention.

If your main goal is to compare elite with amateur athletes, the initial process might go something like this:

Elite: The legs are moving.	Amateur: ditto.
Elite: I see the head.	Amateur: ditto.
Elite: He is off the saddle.	Amateur: ditto.

Brain can't cope and fills in the gaps with stuff which does not take place; sheep cross the road. You can't tell the difference between the two athlete groups, they both have nice bikes and colorful jerseys, you lump both of them together, throw arms up in the air, and continue with the same old thing. Don't need that "special malarkey"; what was he talking about anyways?

At Precis Velo, I remove most of the distractions by means of Dartfish technology and the "clone rectangle" to track and focus the attention on the movement of the trunk and pelvis; and correlate this with the path of the crankarm. The observed movement is compared with the essential features of the movement pattern and elite athletes and placed in context.

Zeroing in to the essence of the Movement Pattern is what it's all about. For example the Performance Movement Patterns in Cycling-Video Collection houses the animation of the skeleton. The advantage is that the essence of the movements can be clearly identified. Follow this up with videos of Expert or Elite athletes; isolate the area of interest and use the TPR and SBHH Movement Patterns for comparison and as a tool for analysis. Elite athletes define the "Gold Standard" for performance, the basis of comparison for all other athletes. Finally, and perhaps a most interesting area, is using this package to analyze performance of amateur athletes and resolve their issues.

This brings us to the examples of climbing, Triathlon and track racing; expert performances are dissected to help you understand what they really do. They display an exceptional natural rhythm of athletic movement which deserves to be imitated. On the other end of the spectrum are the amateur athletes who range from very good to unstable, as a group they rely on a physiological training approach and technology for performance gains. For the vast majority that approach will not work, the performance differences with Elite athletes are dramatic; they literally jump out of the screen. What should the amateur athlete do? The solution is to hinge training on the Movement Patterns from Day 1, specifically the Sidebend Hip Hike (SBHH) and the Trunk Pelvic Roll (TPR); nothing fancy here just fundamental skills, learn and develop to be the best athlete you can be.

Zero in on the area of interest, analyze the performance and communicate clearly with the athlete. Video may be the one technology that everybody can relate to, one that can make a real difference to his or her training.

Video tells the story of the sport; as Yogi Berra once said: “You observe a lot just by watching”.