



What will the video tell you?

By now you will have had the opportunity to examine the Performance Movement Patterns in Cycling-Video Collection with animations of a skeleton and the performances of expert and amateur athletes. You will have had the opportunity to train your powers of observation and visualize the movement patterns. Now it's time to apply what you know and assess an athlete on your own and provide feedback to their performance. This is a necessary step if you really want to learn and apply that knowledge. Let's face it, the first assessments you make will be trial and error, and you will make many mistakes. The good news is that you will get better, especially as the observational skills improve and you begin to understand the breadth of performance. Everybody is learning and attempting to understand what they see and how to mold the development of each athlete, you are not alone.

Be methodical about your approach. If you have the Dartfish software, take advantage of the "clone rectangle" and advance the clip one frame at a time, use the principles of the Movement Pattern to guide the analysis as you have seen in the Video Collection. Use these principles as well as from the experiences with other athletes and what you have learned from the Video Collection.

Take advantage of your coaching experience to guide the development of each athlete. This is a very important feature that needs to be documented in the Video Collection. There is work yet to be done to document those experiences and construct developmental programs for youngsters and adults.

Back to your assessment. Document what you see, make notes or include a "voice" assessment. Post this on your account where the athlete will access the content. You will need to provide instruction, and the Video Collection is the place to start, assigning homework and videos to look at before practice, to free your coaching time for your many responsibilities. The content from the Precis Velo Channel can be accessed on the iPad, this is a great advantage since you will bring the instruction to the athlete and demonstrate what they are doing and what is required.

The Movement Patterns are the "building blocks" and the lifeline to the sport. If you want to develop the athlete, practice the "Movement Patterns" in all situations for the full training ride. Take a look at the "Road Program" for a progression. It's very straightforward, time spent training these building blocks will pay dividends later on. Well trained "building blocks" will allow you to choreograph a more complex series of movements and let you build the required intensity and timing for the event. As a coach, you will be guiding the development of each athlete as an individual. You might be tempted to say that not everybody in the group is an athlete; if they are taking the time and making the effort to learn a new skill set: they are athletes –and should expect a good experience.