2018 SOA R Breakout Session

August 20, 2018



Video Review



- 1. Improved performance through self-evaluation
- 2. Contribute to someone's growth other than yours

How do we improve?



- 1. Be our own harshest critics
- 2. Get feedback from others
- 3. Empower others (crew)
- 4. Get the entire crew involved in film review
 - a. Sample Google Sheet

Timeline for Video Review



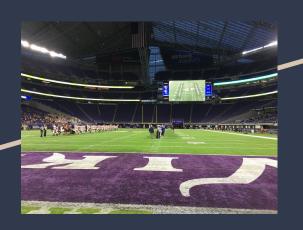
- Crew watches
 Sat/Sun/Mon
- 2. Comments in Google Sheets by Tuesday
- 3. Additional Comments by Wednesday
- 4. Share Training Tape on Thursday
- 5. Watch Training Tape as part of pre-game on Friday

Things to consider when watching video



- 1. Look at the "other" plays
 - a. 170 plays
 - b. 10 fouls
 - c. 5 NC
 - d. 5 Public
 - e. 150 "other" plays
- 2. Call what needs to be called
- 3. Think "coverage"
- 4. Accentuate the positive

Things to consider when watching video



- 1. Are we being complacent?
 - a. Counting
 - b. Peeking
 - c. Quick whistles
 - d. Mechanics

Film aids in pattern recognition



- 1. Only 1% of what you "see" is in focus
- 2. Brain fills in the details
- 3. Mechanics and pattern recognition = "seeing" the play
- 4. What do I remember seeing about this play and to what detail
- 5. Spend time with your view

Pre-Game Ideas



- 1. Last 5 minutes of the game/half
- 2. Inside the 20 yard line
- 3. Look at plays and talk "coverage"
- 4. Kick Plays
- 5. Weird Plays
- 6. Crew Experts