



## VIDEO ANALYSIS

One of the most valuable training tools for players working on their skating is the ability to see themselves skating. This allows them to see what they are doing correctly and what they can continue to improve upon in their skating.

Pro Stride offers in depth video analysis to allow players to see every aspect of their skating. We use coaching apps that allow us to watch videos in slow motion, pause, highlight, and draw on the video all while giving voice over coaching. We will then provide advice on what drills players can work on to improve aspects of their skating highlighted in the analysis.

We can offer Video Analysis to a small group of players that are taking the program (5 players max). In the analysis we will look at a players forward stride, backward stride, forward crossovers, stops & starts. The course take approx. 30-40 seconds to get through and the analysis averages between 7 – 10 minutes. We will film them on the last day of the program and then email the analysis 5 – 7 days after the competition of the program.

Check out the video to see a sample clips of a video analysis that Pro Stride will provide players.

**Cost: \$40**

