Video Analysis/Motion Capture Protocols

1) Equipment should capture 120 frames per second +
2) Use Coaches Eye software
3) Avoid filming athlete who has baggy clothing
4) Avoid direct sunlight in background (& consider having a blank background)
5) Ensure area is well lit
6) Athlete (or guardian if athlete U18) signs permission to be filmed
7) Post video capture, transfer to athlete-named dropbox folder

1	**Front Full Body** Portrait Head & Feet in frame, Centre @ belt line Analysis Points: Stance, balance, follow through	
2	**Front Upper Body** Landscape Riser to rear elbow in frame, Centre @ arrow nock Analysis Points: anchor, string clearance, bow shoulder, bow hand position, bow arm rotation, bow arm straightness, head stability, string hand, rear elbow, loose, any facial tension, peep sight alignment	
3	**Full Rear** Portrait Head & feet in frame Centre @ belt line, string centre of limbs Analysis Points: posture, knee stability	

4	**Angled Rear** Landscape Close to full rear, but close up of draw elbow, with string hand and bow hand just visible Centre @ nock height (not seen). Analysis Points: bow hand position, forearm-arrow alignment	
5	**Full Body Back** Portrait Head, feet and arm extensions in frame Centre @ leading hip beltline Analysis Points: head position, scapula rotation, stance, balance.	
6	**Back of Bow Hand** Landscape Elbow to point beyond bow hand to allow for follow through Centre @ arrow rest Analysis Points: bow hand position, bow elbow rotation, frontal reach, clicker control / any forward creep	
7	**Back Shoulders** Landscape Upper torso & neck Centre @ between scapula Analysis Points: head position / movement, scapula rotation, bow shoulder set	
8	**Overhead** Front of bow to rear elbow inc follow through above head, jib, or selfie stick Centre @ bow shoulder Analysis Points: alignment, shoulder / hips / foot alignment, follow through	