

Anonymous Shooter

International Competition, 10m Air Pistol

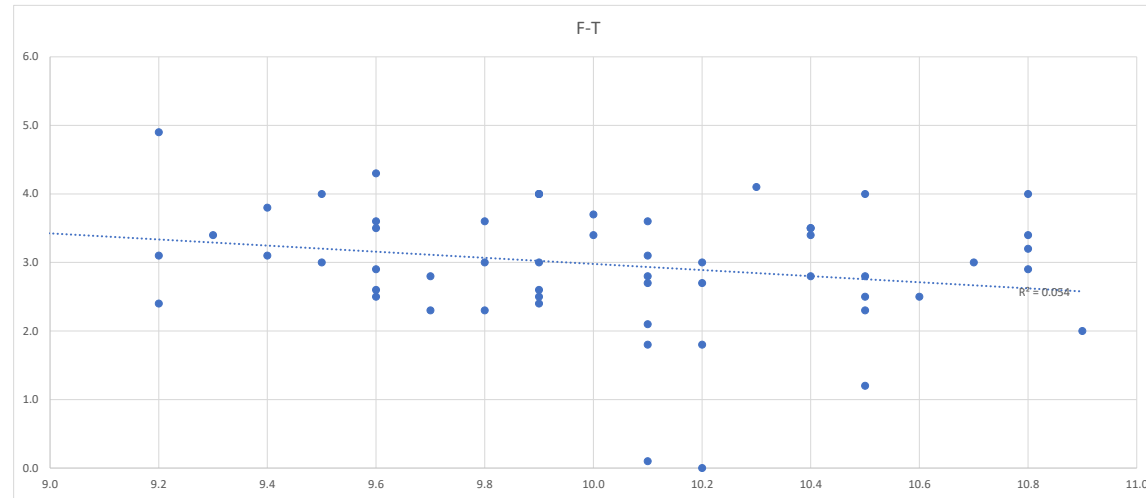
Note: Shot time recorded from lift to shot appearing on screen, then to start of descent

Shot no.	Time to shot	Result	F-T
1	15	10.8	3.2
2	15	10.8	2.9
3	17	9.6	2.9
4	21	10.1	1.8
5	16	10.1	2.8
6	16	9.2	4.9
7	20	9.7	2.3
8	16	9.6	2.6
9	18	9.5	4.0
10	17	10.7	3.0
11	18	10.5	1.2
12	15	10.2	3.0
13	18	9.9	4.0
14	15	8.9	4.0
15	14	9.4	3.8
16	14	10.1	3.6
17	17	10.4	2.8
18	14	9.2	2.4
19	18	10.5	4.0
20	19	10.2	0.0
21	21	10.5	2.5
22	14	9.9	2.5
23	17	9.2	3.1
24	17	9.8	2.3
25	17	10.1	2.7
26	20	9.8	3.0
27	16	10.4	3.5
28	16	9.4	3.1
29	15	10.8	4.0
30	18	9.9	4.0
31	13	10.8	3.4
32	15	9.6	3.6
33	14	9.9	2.4
34	17	10.0	3.7
35	20	9.3	3.4
36	15	10.4	3.4
37	17	10.1	3.1
38	16	9.6	2.5
39	16	10.2	2.7
40	19	9.6	3.5
41	16	10.4	3.5
42	16	9.8	3.6
43	13	10.6	2.5
44	18	9.5	3.0
45	13	10.1	2.1
46	17	10.5	2.8
47	19	10.2	1.8
48	13	10.1	0.1
49	19	9.9	4.0
50	16	9.7	2.8
51	13	9.6	4.3
52	17	9.9	3.0
53	17	10.3	4.1
54	14	10.0	3.4
55	16	10.5	2.3
56	15	9.9	2.6
57	14	10.9	2.0
58	17	9.7	3.9
59	13	9.2	2.4
60	14	10.4	2.9

Follow-through	
Average	2.97
SD	0.91
Lowest	0.00
Highest	4.90
No. of <1.0	2

Scoring	
Max consecutive 10	4

Aborts:	
	20
	21
	21
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	22
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	22
	22
	21
	20



Analysis Notes:

In this example, the athlete was working on the specific goal of maintaining a consistent follow-through under match conditions. Each shot, its score and timing on the follow-through is recorded then analysed.

Only twice did the athlete not follow-through, a 70% improvement on previous competitions.

The graph shows the correlation between the timing of the follow-through and score. Interestingly, there is not a strong link between the shot score and the length of the follow-through. However when this data is analysed alongside extensive historical data, there is a clear correlation between follow-through of <1 second and a poor score outcome.

This is just a sample of the data that can be gathered from video analysis. It can be used to look at **stance, rhythm & match tactics, process consistency, and much more.** Video analysis is one of the most important tools for analysing match performance.