

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



1. 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