Video Analysis

Opponent

1. What is their stance (left, right, square, switches)?
2. Do they like to attack from open or from control?
3. What are their tendencies?
    a. What are their main attacks?
        i. How often are these successful?
        ii. How often are they countered – how?
    b. What do they typically get scored on?
    c. What is their pace over the whole match?
        i. Do they come out strong and fade/passive
        ii. When do they usually get scored on – early/late in the match?

Self

1. What are you getting caught on?

2. What are your tendencies?

3. Helpful to analyze around 10 good matches

Things to think about in your analysis:

1. diversity of attacks

2. defensive effectiveness

3. offense versus countering percentage

4. what is the effective distance? (open, medium, close)

5. risk average

6. pace – when do you/opponent attack, in what minute of the match?