

## Tom Smith on Performance Analysis

For this month's member newsletter, we asked world para powerlifting champion, Talented Athlete Scholarship Scheme athlete of the year, and British Weight Lifting world class programme athlete Tom Smith to share how he analyses his performance in training and competition.

### 1. Capturing photos & videos

A way in which I began to review my performances both in training and competition was around the use of photo & video technology.

To do this I firstly identify what it is in my performance I am looking to review this then allows me to understand and gauge where the best place is for me to set up my camera to record the photo / video evidence.

For example, if I was looking specifically at the pause on my chest (known as a touch point) in the bench press exercise, I would set up the camera close to my chest from a high angle in order to have close up and more accurate evidence to look back on of the touch point.

If I am looking to review the overall performance of a bench press however, I would set up the camera further back and I will look at the video as a whole and all the contributing factors to the bench press activity.

The app I use to review my performances both in training and competition is called 'HUDL'.

1.  
Identify what you  
want to look at,  
position the camera  
so you get a good  
view, and perform  
the lift

Top Tip:  
I use HUDL to  
review my  
training and  
competition  
lifts!

2.  
Ask yourself  
how  
the rep/set  
felt

### 2. How did it feel?

The next step for me once I have captured the video evidence of me performing a lift, is to ask myself without the use of the video, how it felt to me. Doing this it allows me not to be influenced by the video evidence and gives two different reflections on the exercise.

### 3. Check the footage in full speed

I will then watch the video back to see what similarities or differences I noticed based on how it felt to me and also how it looks when watching it back.

When watching it back I will play it firstly in full speed to see if there are any noticeable technical points I can pick up on. I will always play the video in normal speed to begin with as I do not want to be too harsh on myself by slowing it down straight away.

### 4. Slow it down

Once I have played it in normal speed a couple of times and looked to highlight any areas I feel were 'good' or 'bad', I then will slow it down to get more of an insight and look to be more specific.

For example, if the pause on the chest was too quick, moved too much or sunk into the chest, I will slow this portion of the video down to see if I can identify any contributing factors to what may have caused this. For me in the past this has sometimes been down to starting the rep too quickly or lowering the bar down to the chest at a speed I am not used to.

By doing this it allows me to find connections and reasons why the pause quality may not have been as good, which then allows me to go away after reviewing my performance with a focus point to work on in my next session.

### 5. Use markers

Another way I may look to review performance and pause quality on the chest is through the use of markers added over the video recording. To do this, I would mark out where the bar touches on the chest in each rep. Once I have recorded the touch point of multiple reps in a set, I check to see if they differentiate as the set goes on. This also lets me know which which reps were better than others and allows me to identify any trends.

For example, the touch point on the chest may be closer towards the neck as the set progresses, this is usually due to fatigue.

3.

**Check the footage and try to identify any weak points or technical errors**

4.

**Slow it down. Watch in slow motion and see if anything else emerges**

5.

**Take video stills and mark out the bar position. Compare across sets.**

Tom Smith:  
Performance  
Analysis

