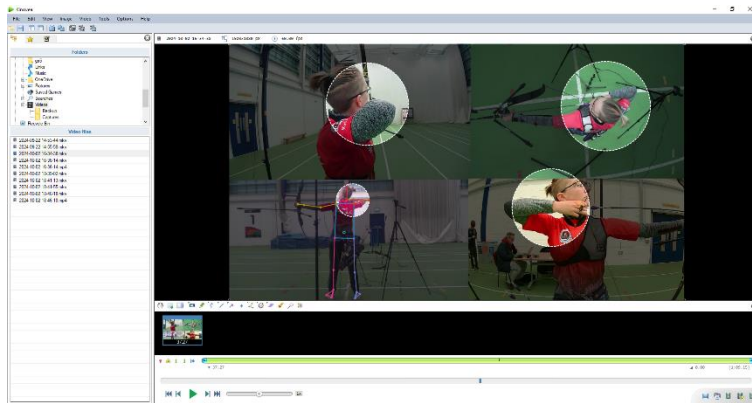
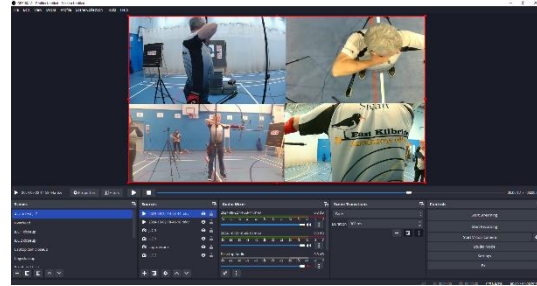




Performance Analysis System (PAS)

East Ayrshire Leisure Trust (EALT) identified the need for our athletes to receive appropriate coaching for their performance level, tailored to the availability of the athlete and coach. As with all professional sports, the more you achieve, the more limited are the coaches who can help you progress. This system is designed for personal use, to allow an athlete to receive either instant feedback from a coach over a video call or record their progress on up to 4 cameras simultaneously and email it to their coach for analysis. The system reduces the need for coaches and athletes to travel to receive the coaching they require to progress.

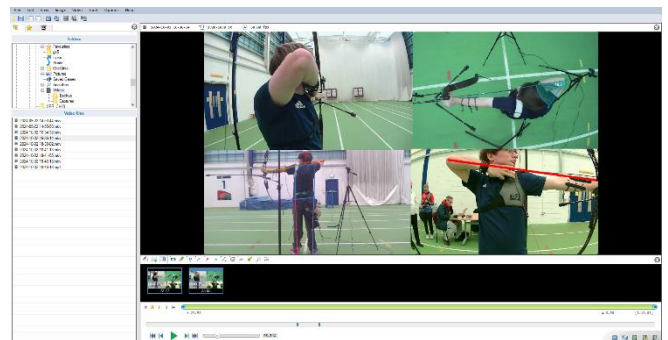


The system requires a standard laptop to have 3 USB ports, so the 3 JLC webcams can be connected without the use of a USB hub. You are able to set up predefined scenes on OBS Studio. A scene is a layout where you select the cameras you wish to display and how close you want them zoomed in. This means you can have scenes that contain 1, 2, 3 or 4

cameras zoomed in on different areas. Using the virtual video camera feature in OBS studio allows you to stream your scenes over video conferencing platforms such as Teams. If you change the scene in OBS this will also change the views your coach will see in Teams or most VC software.

Coaches new to video coaching it would be best to use Kinovea as it is free, and the basic tools are very easy to use. However, as coaches get more familiar with video analysis they may wish to subscribe to Dartfish or Coaches eye in order to use advanced features.

Olympic and National coaches who have trialled PAS have said that



"This system could reduce the need for Face-to-Face coaching sessions by up to 75%"

*As the system has been designed to be cost effective then there are some limitations. Due to camera quality and processing ability the system may struggle to provide clear images for high-speed sports in continuous motion, such as 100m sprint. You can only record or stream through video conferencing, you cannot do both at once or you get degradation in recording and/or streaming quality.

Required Hardware

Webcams

JLC 1080p Webcam

<https://www.jlcdistribution.co.uk/products/webcams/jlc-1080p-webcam/>

JLC 2K Optic Webcam

<https://www.jlcdistribution.co.uk/products/webcams/jlc-2k-optic-webcam/>

JLC Ocular Webcam

<https://www.jlcdistribution.co.uk/products/webcams/jlc-ocular-webcam/>

Tripods

TIGER LIS7-BK T-Bar DJ Lighting Photography Lights Stand - Black

<https://www.amazon.co.uk/Tiger-T-Bar-Lighting-Stand-Photography/dp/B002UP9OFK>

71" Phone Tripod & Selfie Stick (2 of) [Here](#)

Cables

Extension Cable 5m High Speed 3.0 USB Extender Cord Type A Male to Female Data Transfer

[Here](#)

Software

OBS Studio

<https://obsproject.com/>

Kinovea

<https://www.kinovea.org/download.html>