

**Whitepaper #1:** Video analysis | **Author:** Jair Levie | **Date:** 5.5.2025  
*An initiative by Swiss Hockey for all Swiss hockey clubs*

# Video analysis as a driver of player development in field hockey

## Introduction

This is the first edition in a new whitepaper series developed by Swiss Hockey, with one clear goal: to raise the overall level of knowledge, quality and engagement in hockey throughout Switzerland.

With this series, we aim to support all clubs – large and small – in their professional growth. Each edition focuses on a key topic that contributes to better player development, stronger coaching, improved club structures, or smarter use of resources. Possible topics are:

- A Toolbox for Trainers
- Talent Identification
- Trends and developments in international hockey
- Relative age effect young athletes through growth spurts
- Rules of hockey and the role of umpires

These whitepapers are written for coaches, coordinators, volunteers and club leaders. They offer practical tools, clear recommendations and relevant insights – all with one shared mission: **to strengthen the foundation and future of Swiss hockey.**

This first edition focuses on a crucial topic in today's game: **video analysis.**

## Why video analysis matters - players, coaches & umpires

Video analysis is not just for elite performance environments. It is a powerful learning tool for every coach and every player, at every age and level of the game.

As human beings, we learn best when we can see ourselves. Watching one's own actions, skills and decisions on video allows players to observe without the pressure of the moment. What seemed like the right choice during a match often looks different in hindsight – and what a coach tries to explain with words becomes instantly clear on screen.

For **coaches**, video provides:

- A clear, objective way to evaluate sessions
- A tool to explain tactical concepts more effectively
- Material to share with players, parents, and fellow staff
- Support for individual and team feedback

For **umpires**, video is important to

- Look what your **position** was in certain situations
- Have a closer look on **specific decisions**
- See how your **body language** is during the matches

For **players**, video brings unique developmental benefits:

- It accelerates learning by connecting experience with visual feedback
- It builds game intelligence – understanding space, timing and positioning
- It develops self-awareness and responsibility
- It creates motivation by showing visible progress

In short, video enhances coaching . And thanks to modern technology, clubs now have multiple ways to integrate video into their daily routines.

### Three ways to record matches (and evt. training sessions)

Swiss Hockey encourages clubs to explore different methods of filming and to choose the solution that fits their level, goals and resources. Below is an overview of the three most common options – with their strengths and limitations.

#### 1. Manual camera on a video tower

*Description:*

A classic and reliable method, using a high-quality camera with a tripod/mount on a video tower. A dedicated person operates the camera to follow the play.

*Pros:*

- High image quality
- Full control over zoom and framing
- Flexible for both training and match situations

*Cons:*

- Always requires a camera operator
- Time-consuming editing and processing
- No built-in tagging or automatic summaries

*Recommendation:*

An excellent starting point for clubs new to video. It requires more effort but offers great learning opportunities, especially if the club has volunteers available to film. HCO and RWW have this setup in place already



Fig 1: this is an advanced set-up for filming matches

## 2. Drone Footage

### *Description:*

A drone provides a top-down view of the field, offering a unique perspective for tactical analysis. Typically used for training rather than full matches.

### *Pros:*

- Aerial view offers new insights into team structure and positioning
- Visually impressive
- No video tower and other materials needed

### *Cons:*

- Limited battery life (20–30 minutes)
- Needs an experienced operator
- Large file sizes
- In certain areas there is a no-fly zone

### Recommendation:

Use drones as a supplementary tool, particularly for training drills or demonstrations. Not suitable as a primary solution for weekly analysis. Servette, HCO and GC use a drone already.

## 3. AI-Based camera systems (e.g. Pixellot, Veo, Spiideo)

### *Description:*

These systems use artificial intelligence to automatically track the play. Some also generate automatic highlights, allow tagging, and store video in the cloud.

### *Pros:*

- No camera operator needed
- Easy to use and scalable
- Consistent quality across sessions
- Live access for coaches, players and parents

### *Cons:*

- Higher initial cost or subscription
- AI tracking is improving but not yet perfect

### Recommendation:

The best solution for clubs committed to long-term player development. Particularly valuable for performance-oriented teams and youth academies. Costs can often be shared across teams or supported by sponsorships. GC has VEO, Basler HC has Pixellot.

## Conclusion & Advice

Video analysis is no longer a luxury – it's a strategic investment in developing smarter players, better coaches, and stronger teams. The right approach depends on your club's size, ambition, and available resources.

Swiss Hockey recommends:

- For basic & advanced usage: Invest in a good camera + video tower setup
- When no video tower available and no equipment + operators available : Invest in an AI camera system
- For extra tactical insights: Use drones

## A look inside: How the national team uses video analysis

At the highest level, Swiss Hockey's national teams make structured and intensive use of video analysis to support performance and decision-making – both during and after matches.

We always work with a **dedicated cameraman** who not only records the match, but also tags key events live as the game unfolds. This means that actions such as penalty corners, goals, turnovers, build-ups and other predefined situations are instantly bookmarked, allowing coaches and players to review clips during the game or immediately afterwards. When needed, we can add another angle through our drone, but that one is only used as an extra recording and will not be used instead of the primary footage.

Our staff also have the ability to watch the footage in **real time on the bench**, enabling live feedback and tactical adjustments.

To make this possible, we use:

- **MyVA** as our main video analysis platform for tagging, organizing and reviewing clips
- **MaiMovement** to share match footage and presentations with players after the game, allowing for deeper individual and team reflections

This professional setup shows how video analysis can be seamlessly integrated into performance workflows and player learning.



*Fig 2: In the above photo you can see Mees Soek video operator from the Mens National team at work during an indoor match.*

## League Exchange for NLA Clubs

Swiss Hockey has also established a partnership with MaiMovement to offer clubs structured access to video content across the league.

Currently, all NLA clubs can take part in a pilot of a League Exchange:

- After every match, participating teams upload and share their game footage via MaiMovement.
- Players and staff then gain direct access to all footage from their own matches, but also from all other matches played within the league.
- This creates a shared video environment, supporting opponent scouting, individual reflection and tactical learning.

This system offers clubs a significant step forward in professionalisation – not only for analysis, but also for transparency, learning and knowledge-sharing across the league. Swiss Hockey encourages all NLA teams to make active use of this tool.

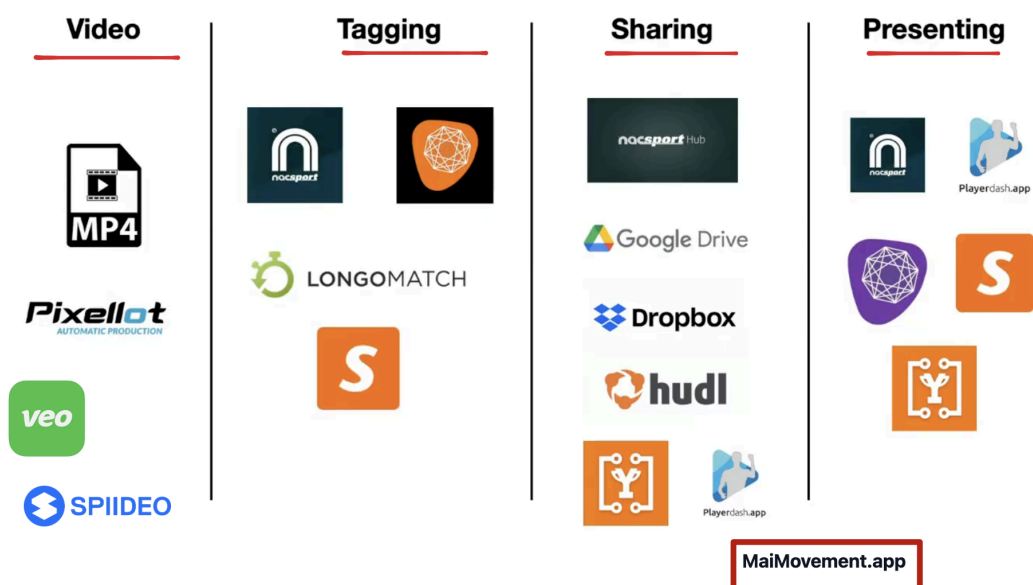


Fig 3. In this photo you see the different steps you need to think about when you want to professionalize video in your club/team: how to capture the video, how to tag, how to share and how to present.

Need help choosing the right setup or developing a workflow? Swiss Hockey is here to support you.

This is just the beginning. With this whitepaper series, we look forward to sharing knowledge, inspiring ideas, and practical tools – so that together, we can take Swiss hockey to the next level.