



**Module 18**  
**Beginner's Guide to**  
**Analysis in**  
**Judo**

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# Outline

1. What is Performance Analysis?
2. Who am I and why listen to me?
3. What can we analyse and why?
4. What do we need in order to conduct our analysis?
5. How can we use Performance Analysis to develop judoka?

PLEASE ASK QUESTIONS THROUGHOUT USING  
THE CHAT, OR AFTERWARDS VIA EMAIL



What is  
Performance  
Analysis (PA)?



# What is Performance Analysis (PA)?

- Objective and subjective evidence-based feedback on performance using video, statistical and descriptive methods
- Used as a way of supporting coaching theory, disputing commonly-held beliefs, gaining those extra few % over opposition





University  
of Glasgow



BRITISH  
JUDO

# Career Timeline

- 1995 - Started playing Rugby Union aged 8
- 1996 - Started Judo aged 9
- Developed to become an International Judoka, competing throughout Europe for Great Britain
- 2003-08 - Suffered a procession of knee injuries
- 2008 - Decided to retire from full-time Judo due to inability to tolerate training load
- 2008 - Started undergraduate BSc(Hons) in Physiology and Sport Science at University of Glasgow
- 2010 - Applied successfully for internship in Performance Analysis at Glasgow Warriors in (Glasgow finished 11<sup>th</sup>/12)
- 2012 – Graduated with 2:1
- 2010-14 - Continued internship for 4 years, including assisting Strength and Conditioning team with GPS and monitoring data
- 2014 - Worked as Sport Science Consultant to Scotland men's team in 6 Nations, with focus on GPS monitoring
- 2014 – Employed by EIS as Performance Analyst working with British Judo
- 2018 – Promoted to EIS Technical Lead in Performance Analysis

Since I started  
this job...

10 World championships (RUS, USA, KOR, KAZ,  
HUN, AZE, POR, USA, JPN, HUN)

8 European championships (AZE, POR, RUS, POL,  
GBR, ISR, ITA, BLR)

2016 Rio Olympics & Paralympics

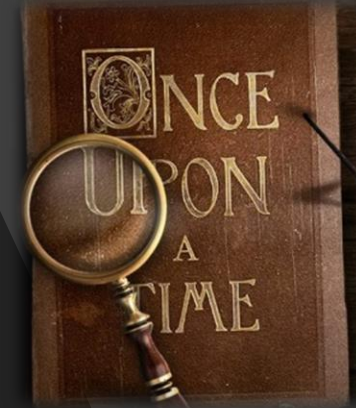
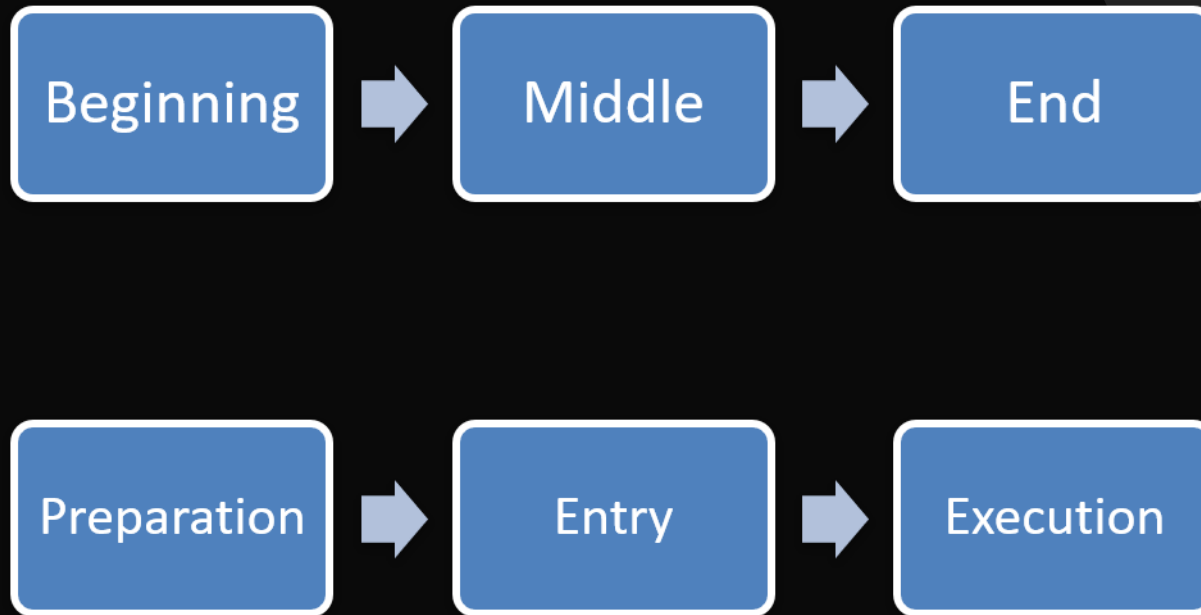
2020ne Tokyo Olympics & Paralympics

Implemented new systems

Built coach and fighter relationships

# Technical Analysis

What stages are there?



# Comparison to World's Best

- Good measure of technical excellence
  - What is the ultimate measure?





# Comparison to World's Best



# Comparison to Self



- Have I got better?
- What has improved?
- By how much and why?
- What can still improve further?
- How am I going to do this?
- **REPEAT!!**

# The Basics



- What do I need to see?
- How am I going to capture it?
- What equipment do I need?
- What are my limitations?

Challenges...



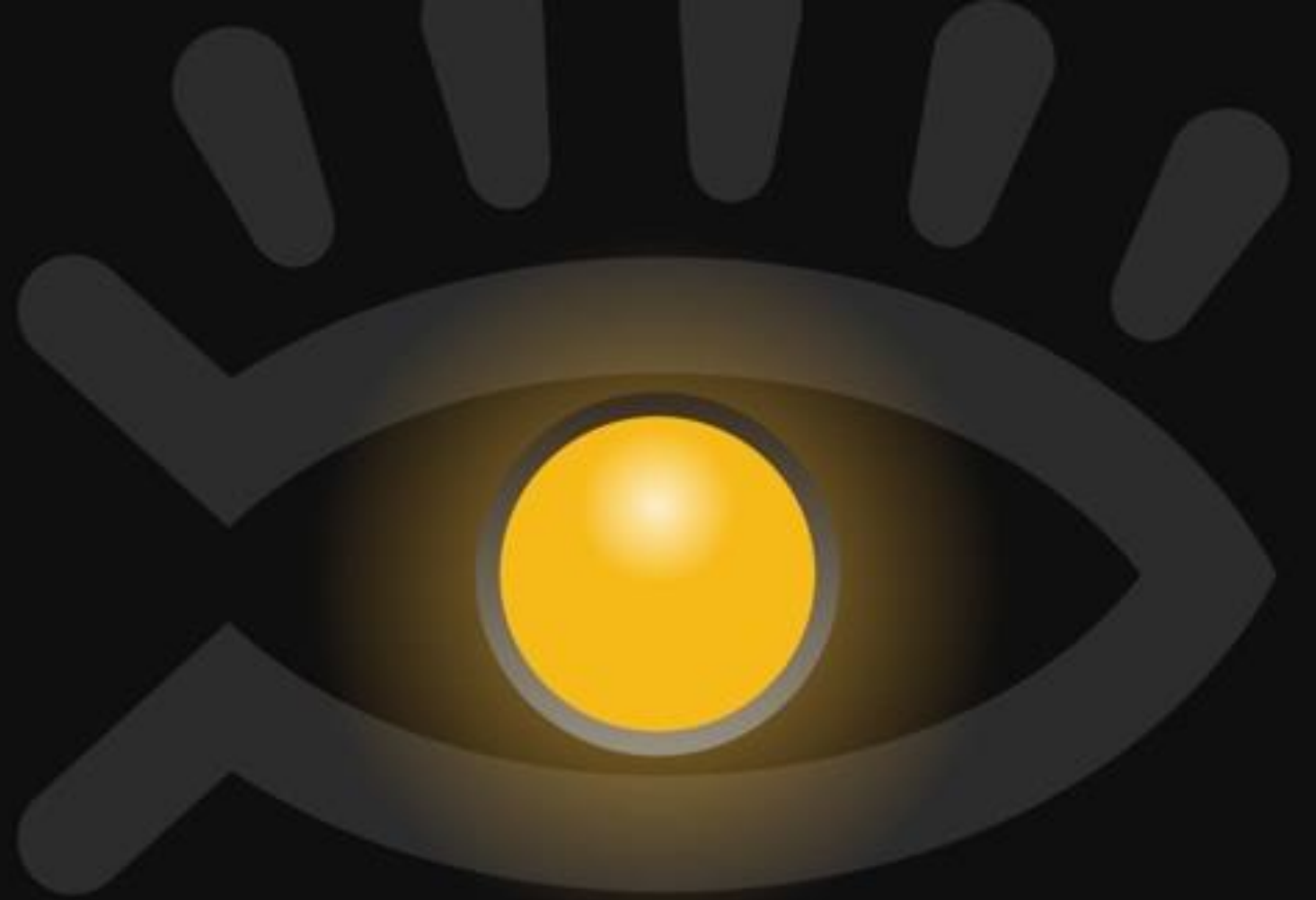


# Statistical Analysis

- Used to objectively monitor performance and gain insights
- Stats never tell the whole story – context always needed
- Data can help tell the story but normally the best data helps us to ask the right questions of the fighter or coach



Analysis  
Tools



*my*DARTFISH

# What can I analyse?

- Think about contest involving one of your fighters
- Think about situations that they get into regularly in that kind of contest
- What are the physical, technical or tactical variables you could measure?
- How can these be measured and what would be your threshold for success?
- What's next?



Thanks for watching!!

Any final questions?