

# Coach-Focused Benefits of Using VIDEO During Practice

## 1. Immediate Visual Feedback for Athletes

Athletes can see what they're doing right or wrong – not just hear it

## 2. Reinforces Accountability & Effort

Players know the camera is rolling – they hustle harder and focus more

## 3. Better Technical & Tactical Adjustments

Slow down reps, isolate form issues, and review decision making – especially useful for complex systems, spacing, or timing plays

## 4. More Productive Film Session

Game film is reactive – practice film is instructional.

You can pause, teach, rewind, and build confidence without game pressure

## 5. Captures Details Coach Might Miss

You can't see everything live – video lets you catch nuances i.e. footwork, movement off ball, communication, posture, etc.

## 6. Creates a Library of Teaching Moments

Build a bank of good reps and mistakes for future use

Great for onboarding new players or reinforcing your system year to year

## 7. Boosts Team Buy-In & Development

Players take practice more seriously when they know it's being filmed

Shows the program is intentional, structured, and commitment for progress/improvement

## 8. Gives Program Recruiting Edge

Skills sessions & practice footage helps your players get recruited – attracts talent and boosts reputation of program & coach