Performance Analysis in Squash

World Coaches Conference 2018
Gold Coast, Australia

James Simpson
Thank You

Peter Genever

Podium Squash Support Team

Institute Sukan Negara

SRAM

AIS Movement Science

PSA / Squash TV

Catapult Sports
Who am I?

- Bachelor of Applied Science (Exercise & Sport Science) – RMIT University Bundoora
- Master of High Performance Sport – Australian Catholic University

- Performance Analyst – Part-time (North Melbourne Football Club)
- Performance Analysis Post-Graduate Scholar (Australian Institute of Sport) – Focus on team sports
- Senior Performance Analyst (National Sports Institute of Malaysia) – Focus on Squash
What is Sport Science?
Research in Squash

- Science of Sport (Squash) - Stafford Murray, 2016
- Squash: Skills, Techniques, Tactics – Peter A. Hirst, 2011

Validity and Reliability of an on-Court Fitness Test for Assessing and Monitoring Aerobic Fitness in Squash – James, C.A; Vallejo, F.V; Kantfebeen, M; Farra, S. Feb 2018

Analysis of the serve and the serve return in Squash at the men’s elite level - Carbochi, Strand – MAR 2018

Identifying patterns in squash contests using dynamical analysis and human perception. – McGarry, T. 2006

A new method for assessing squash tactics using 15 court areas for ball locations. - Vučković, G., James, N., Hughes, M., Murray, S., Zoran Milanović, Z., Janež Perš, J., Goran Sporiš, G. 2015


James Simpson – Performance Analyst
Jsimson7877@gmail.com
PSA’s push into the “Tech Era”

  - Player tracking (distance covered)
  - Shot location
  - Number of shots in the rally
  - Ball position on the front wall

  - Live heart rate
  - Max heart rate during a match
  - Average heart rate

- Video Review –
  - Hawk Eye
  - SquashTV Instant Replay

https://www.youtube.com/watch?v=xv76c6nxFDM

James Simpson – Performance Analyst
jsimpson7877@gmail.com
“... the practice of recording, processing, and interpreting events that take place in training and/or competition in sport. As such, it can include evaluating the technical, tactical, and behavioural activities of individuals, teams, and/or specific units within teams. It can also incorporate the determination of single or multiple movement patterns completed in relation to the demands of the training and/or competitive performance.”


“Performance analysis seeks to explore how the innovative application of technology may help performance. Practitioners aim to provide systematic and objective feedback to athletes and coaches in order to understand, accelerate and develop performance, including optimising existing techniques and learning new skills. It may also be used to analyse competitors for strengths and weaknesses.”

Australian Institute of Sport
Why Do Performance Analysis?

• To answer key questions the coaches may have

• To provide timely and meaningful feedback to the players

• To continue building our database of footage and influential key performance indicators on the top players in the world, which assists our players refine and grow their own game

• Where possible - to fill gaps in the literature to help the sport continue to grow

James Simpson – Performance Analyst
jsimpson7877@gmail.com
Common Technologies Used

Expensive - Free

Software

- CATAPULT
- siliconcoach
- DARTFISH
- Kinovea
- SPORTSCODE
- nacsport

Hardware

- TRACKMAN
- GoPro
- iPhone
- Zephyr

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jsimpson7877@gmail.com
Performance Analysis in Malaysia

- Tournament/match preparation (video clips, reports, etc.)
- Matches filmed and coded.
- Footage and reports uploaded to Dropbox for coaches/athletes to access remotely.
- Match Reports PDF to athletes and coach within 30 minutes of the match.
- Ranking Analysis.
- Opposition scouting.
- Athlete Management System establishment and implementation.

James Simpson – Performance Analyst
Jsimpson7877@gmail.com
Performance Analysis in Malaysia

James Simpson – Performance Analyst
jsimpson7877@gmail.com
INSTITUT SUKAN NEGARA
MALAYSIA

Performance Analysis in Malaysia

James Simpson – Performance Analyst
jsimpson7877@gmail.com
Tournament and Game Day Workflow
# Take The Podium

Women's Tournament Summary

<table>
<thead>
<tr>
<th></th>
<th>GAME 1</th>
<th>GAME 2</th>
<th>GAME 3</th>
<th>GAME 4</th>
<th>GAME 5</th>
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**ERRORS:**

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**Target**

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<tr>
<td>Error Ratio</td>
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<tr>
<td>Serve Sidewall</td>
<td>50%</td>
<td>26%</td>
<td>50%</td>
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<tr>
<td>Straight Drives</td>
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<td>Backwall</td>
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<td>Drops No Sidewall</td>
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<td>50%</td>
<td>65%</td>
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<td></td>
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<td>77%</td>
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**WORLD DOUBLES CHAMPIONSHIPS – MANCHESTER 2017**

<table>
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<th>MATCH</th>
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</table>

- 1 Stroke
- 1 Opp Stroke
- 30 Let’s

**WINNERS**
- Straight Drive (3)
- Straight Kill (2)
  - Nick (2)
  - CC Drop (2)
- Straight Drop (1)
- V CC Drive (1)
- Boast (1)

**ERRORS**
- CC Nick/Kill (3)
- CC Drop (2)
- Split Drop (1)
- Straight Drive (1)
- Boast (1)

**Match Notes:**
Solid performance in the first game with good variety, holds, changes of pace and front court play. A drop in focus at the end of the second contributed to us losing that game although there was still some decent play but perhaps less variety. It is very important to keep a mix of shots in the front court and to get onto the ball early whenever possible. This keeps the opponents guessing and does not allow their confidence and reading of the game to grow.

We still need to keep the pressure on our opponents with more volleys especially after good straight and crosscourt length. This will help us get ahead of the play and allow us to better anticipate where the ball is going in advance.
## Major Games 2018
### Player 1

#### Tournament Summary

<table>
<thead>
<tr>
<th>MATCH</th>
<th>GAME 1</th>
<th>GAME 2</th>
<th>GAME 3</th>
<th>GAME 4</th>
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</tr>
<tr>
<td>Player 1</td>
<td>21</td>
<td>8</td>
<td>15</td>
<td>11</td>
<td>24</td>
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<tr>
<td>All Opponents</td>
<td>14</td>
<td>10</td>
<td>20</td>
<td>9</td>
<td>18</td>
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</table>

- **21 Let’s**
- **14 Stroke’s**
- **8 Opp Stroke’s**

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### Performance Highlights

#### Winners

- BH Str Drop (2) BH CC Drop
- FH Str Drop FH CC Lob
- FH Str Drive
- BH Str Drop (3) FH CC Lob (2)
- BH Str Drop (2) BH CC Drive
- FH Str V Drive
- BH Str V Drive (2)
- FH Str V Drop (7) FH CC Lob
- FH CC V Nick (2) FH Str Drop
- BH Str Drop (5)
- BH Str Kill
- FH Str Drop (1/1)

#### Errors

- BH Str Drop (2) BH CC Drop
- FH Str Drop FH CC Lob
- FH Str Drive/Lift
- BH Str Drop FH CC V Drive/Lift
- FH Str Drive/Lift
- FH CC V Drive/Lift
- BH Str Drop FH CC V Drive/Lift
- FH Str Drive/Lift
- BH Str Kill
- FH Str V Drop (2) FH Str V Kill FH Boast
- FH Str Drive (2)
- FH Str Drive FH Boast

---

James Simpson – Performance Analyst  Jsimpson7877@gmail.com
# Player 1

## Asian Games 2018

### Tournament Summary

#### Runs of Points Against

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<tr>
<th>Round</th>
<th>2+</th>
<th>Largest</th>
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<tr>
<td>QTR Final</td>
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<tr>
<td>Semi-Final</td>
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<td>Final</td>
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<table>
<thead>
<tr>
<th>Round</th>
<th>2+</th>
<th>Largest</th>
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<tbody>
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<td>7</td>
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<tr>
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<td>Semi-Final</td>
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<td>3</td>
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<tr>
<td>Final</td>
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<td>3</td>
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### Shots Count Winners/Errors

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<tr>
<th>Round</th>
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<th>6-10</th>
<th>11-15</th>
<th>16-20</th>
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<td>QTR Final</td>
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<tr>
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<td>7</td>
<td>3</td>
<td>3</td>
<td>1</td>
<td>9</td>
</tr>
</tbody>
</table>

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James Simpson – Performance Analyst  Jsimpson7877@gmail.com
Player 1
Asian Games 2018
Tournament Summary

Opponent Winners:
- 2
  BH CC Drive
  BH Str Drop
  FH CC Drive
- 7
  BH Str V Drop (4)
  BH Str Kill
  BH CC V Nick
  BH Str Drive

Opponent Errors:
- 2
  FH Str Drop
  FH CC Drive
- 4
  BH Str Drive
  BH Str V Drop
  BH CC Drive
  BH CC V Nick
- 3
  FH CC Drive
  FH Boast
  FH CC V Drop

What is Next:
China Open
Wednesday 5th September – 1:00pm
Malaysia vs Other

- Recovery: Important to book in physio early, follow the program to ensure you recover well and are ready for your next tournament, particularly due to the intense major games, and short turnaround time between events.
- Performance Analysis: Performance Analysis/Coach review to be decided by you if required. Your matches from tonight is available on the iPad/Hard Disc should you require.

Tournament Summary Notes from the Coach:

Example notes from the coach

James Simpson – Performance Analyst
Jsimpson7877@gmail.com
### Player 1 vs Player 2
#### Major Games 2018 – Singles Round 2

**(3-0) 11-9, 11-8, 12-10 – 42 mins**

<table>
<thead>
<tr>
<th></th>
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<th>GAME 3</th>
<th>MATCH</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>WINNERS</td>
<td>ERRORS</td>
<td>WINNERS</td>
<td>ERRORS</td>
</tr>
<tr>
<td>Player 1</td>
<td>7</td>
<td>4</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Player 2</td>
<td>4</td>
<td>2</td>
<td>5</td>
<td>2</td>
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</table>

#### Key Points:
- 7 Let’s
- 4 Stroke’s
- 2 Opp Stroke’s

---

### Stroke Breakdown

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<thead>
<tr>
<th>Stroke</th>
<th>Player 1</th>
<th>Player 2</th>
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</thead>
<tbody>
<tr>
<td>BH Str Drop</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>FH Str Drive</td>
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</tr>
<tr>
<td>FH CC Drive</td>
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<tr>
<td>BH Str V Drive</td>
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<tr>
<td>BH CC Drive</td>
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<td>-</td>
</tr>
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<td>BH Str V Drop (2)</td>
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<td>-</td>
</tr>
<tr>
<td>BH Str V Drop (1/2)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>FH Str Drop</td>
<td>-</td>
<td>-</td>
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<tr>
<td>FH CC V Nick</td>
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<td>-</td>
</tr>
<tr>
<td>FH Str Kill</td>
<td>-</td>
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</tbody>
</table>

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James Simpson – Performance Analyst Jsimpson7877@gmail.com
Player 1 vs Player 2

Major Games 2018 – Singles Round 2

(3 - 0) 11 - 9, 11 - 8, 12 - 10 – 42 mins

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Jsimpson7877@gmail.com
Player 1 vs Player 2
Asian Games 2018 – Singles Round 2
(3-0) 11-9, 11-8, 12-10 – 42 mins

Momentum

Match Momentum

Shot Count Winners/Errors

James Simpson – Performance Analyst Jsimpson7877@gmail.com
## Opponent Winners

- **2**
  - BH CC Drive
  - BH Str Drop

- **2**
  - FH Str Drop
  - FH CC Drive

- **7**
  - BH Str V Drop (4)
  - BH Str Kill
  - BH CC V Nick
  - BH Str Drive

## Opponent Errors

- **2**
  - FH Str Drop

- **4**
  - BH Str Drive
  - BH Str V Drop
  - BH CC Drive
  - BH CC V Nick

- **3**
  - FH CC Drive
  - FH Boast
  - FH CC V Drop

---

*Opposition winners to be reviewed during performance analysis session*

**Heart Rate**

---

### What is Next:

REST. RECOVER. PREPARE

Friday 24th August 3:00pm Court 2

Player 1 vs Player 3

- Recovery: Physiotherapy / Recovery Boots immediately after your match, follow Victoria’s program to ensure you are ready for tomorrow’s match. Remember your 100 points.

- Performance Analysis: Performance Analysis/Coach review if you require. Your match from today is available on the iPad/Hard Disc.

---

### Notes from the Coach:

- Example Coach notes to go here.

---

James Simpson – Performance Analyst  Jsimpson7877@gmail.com
Post Process Workflow
• By analyzing every detail around each shot throughout an entire match, we are able to get a better picture of the events occurring within that match.

• From here we can analyze what Malaysian athletes and their opponents are doing in given situations and better advise on training/match strategy.

• This database contains over 20,000 individual shots against key Commonwealth Games opponents

• Shot Direction can be simplified too…
## Simple Shot Type and Direction Analysis

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<th>L2</th>
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James Simpson – Performance Analyst Jsimpson7877@gmail.com
That’s great but…How do you use it?

• Routine!
  • Watching video and reviewing performance to continue to improve as a player

• Training
  • Identifying strengths and weaknesses
  • Running through the footage with the coaches and support team
  • Over time we can periodise a training program backed up by numbers and vision

• Tournament Preparation
Video Storage Options and Considerations

Common capturing methods:

- iPhone / iPad
- Video Camera
- GoPro
- Squash TV
- Live Stream (Can take this post match)
Video Storage Options and Considerations

- Cloud storage options:
  - DropBox – Squash Malaysia
  - Google Drive
  - iCloud
  - Hudl
  - Amazon
  - +Many more

- Hard Drives
- Laptops
- Local Server
- Phone / iPad
Considerations with Video:

• File formatting

• Software it will be shown on

• Naming convention – BE CONSISTENT

• Distribution to players

• Communication platforms with athletes
What Else Can We Look At?

Wellness

<table>
<thead>
<tr>
<th></th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
<th>Record Score</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FATIGUE</strong></td>
<td>Very fresh</td>
<td>Fresh</td>
<td>Normal</td>
<td>More tired than normal</td>
<td>Always tired</td>
<td></td>
</tr>
<tr>
<td><strong>SLEEP QUALITY</strong></td>
<td>Very restful</td>
<td>Good</td>
<td>Difficulty falling asleep</td>
<td>Restless sleep</td>
<td>Insomnia</td>
<td></td>
</tr>
<tr>
<td><strong>GENERAL MUSCLE SORENESS</strong></td>
<td>Feeling great</td>
<td>Feeling good</td>
<td>Normal</td>
<td>Increase in soreness/tightness</td>
<td>Very sore</td>
<td></td>
</tr>
<tr>
<td><strong>STRESS LEVELS</strong></td>
<td>Very relaxed</td>
<td>Relaxed</td>
<td>Normal</td>
<td>Feeling stressed</td>
<td>Highly stressed</td>
<td></td>
</tr>
<tr>
<td><strong>MOOD</strong></td>
<td>Very positive mood</td>
<td>A generally good mood</td>
<td>Less interested in others &amp;/or activities than usual</td>
<td>Snappiness at teammates, family and co-workers</td>
<td>Highly annoyed/irritable/down</td>
<td></td>
</tr>
</tbody>
</table>
On Date: Tue, 31-07-2018

**Wellness**

How are you feeling today?

**Sport**

**Fatigue**

1 - Very fatigued
2 - Quite fatigued
3 - Ok
4 - Feel fresher than normal
5 - Very fresh

Please enter the level of fatigue you are currently experiencing at this moment.

**Sleep Quality**

1 - Very poor sleep
2 - Difficulty sleeping
3 - Ok
4 - Good sleep
5 - Very restful

How would you rate your sleep from last night?

**Stress Levels**

1 - Very stressed
2 - More stressed than normal
3 - Ok

How stressed are you this morning?
What Else Can We Look At?

Recovery

HAVE YOU GOT YOUR 100 POINTS FOR RECOVERY?

If not, why not?

Finish training

Begin recovery through nutrition ASAP

Now complete some active recovery

Later, complete some passive recovery

Nutrition:
- Balanced meal (35 pts)
- Recovery bar (20 pts)
- Protein shake (20 pts)
- 1 sports drink (15 pts)

Active:
- Ice bath (35 pts)
- Cold bath (20 pts)
- Bike spin (30 pts)
- Run 10/5 min (30/25 pts)
- Static stretching (15 points)

Passive:
- Massage (30 pts)
- Electrotherapy (30 pts)
- Compression wear night (30 pts)
- Compression wear 2 hours (25 pts)
- Foam rolling (25 pts)
- Power nap (20 pts)

If you train twice today, Nutrition and Active recovery only give you half points.... this is because you should complete these after every session

#100points #trainingiscompetition #teamMAS #lookafteryourbody
What Else Can We Look At?

- Communication Platforms
- Specific tactical / technical ratings by coach / athlete
- Athlete training attendance and session frequency (particularly at competition)
- Monitoring and constantly evolving strength and conditioning sessions
- Nutrition
- Recovery
- Biomechanical Analysis (technique, movement patterns, ball speed)

Opportunities are endless and as the sport continues to go from strength to strength, so will our understanding of the game and our ability to answer key coach questions in an efficient and meaningful way.

James Simpson – Performance Analyst: jsimpson7877@gmail.com