



**focus**  
performance innovation

## Quick-Start Guide: Focus



# Quick Start Guide: An Introduction to Focus

## Introduction

Thank you for taking the time to download our 'Focus' analysis software. The purpose of this Guide is to let you quickly understand how Focus works, and to help you work with the demo project. The demo Project that you see when you open up Focus is designed to show you the full power and functionality of the Focus Software.

If you like what you see and want to try Focus out yourself, please Register for a 15-day trial license under the 'Help' tab in Focus.

## Overview

The software allows the user to view video of a performance and then enter the 'events' that they are interested in using the flexible and easy-to-use Category Set facility in Focus.

The real power and value of Focus is that once you have entered your events, you can then instantly access and view any aspect of the performance that you are interested in. E.g. all of the shots on goal by a particular team in a Football (Soccer) match, all of Serves by a player in Badminton, or all of the Fast Breaks that ended in points scored in a Basketball game.

## How Focus Works

Focus allows the user to create a 'Category Set' based on those aspects of the Performance that they want to analyse and view. You can create up to 10 categories and have up to 100 options within each category, but we would advise that often the simplest Category Sets are the most effective.

The user then watches the video and enters the 'events' that they are interested in. An 'event' is generated by selecting one option from each of the Categories that the user has created. Once an 'event' has been generated it is automatically added to the 'Events' list and the 'Results' grid.

Now comes the clever bit. Once the user has entered all of the 'events' that they are interested in, they can instantly access and view any aspect of performance via the powerful, interactive review technology built into the software.



# Quick-Start Guide: The Focus Screen

## The Focus Screen

Once you open Focus it will open our Focus demo Project and you will see the Full Focus Screen (Fig 1). The video and video controls are on the left hand side and the Category Set (Fig 2), Events list (Fig 3) and Results grid (Fig 4) are on the right hand side of your screen.

For this Demo project you can see that we have chosen a short 3½ minute clip of a Football (Soccer) match. We have put together a Category Set that consists of 2 Categories – one called ‘Team’ and one called ‘Action’, and we have added in the options that we want for each.

As we watched the video, we entered the events that we are interested in by clicking on one option from each Category. You can see that for the first event in our ‘Events’ list we selected the **Blue Team** option from the ‘Team’ Category and then the **Attack** option from the Category that we called ‘Action’.

When you enter an event it is automatically entered into both the ‘Events’ list and the ‘Results’ grid. You can see that in this demo Project we entered a total of 29 events in this way.

Fig 1

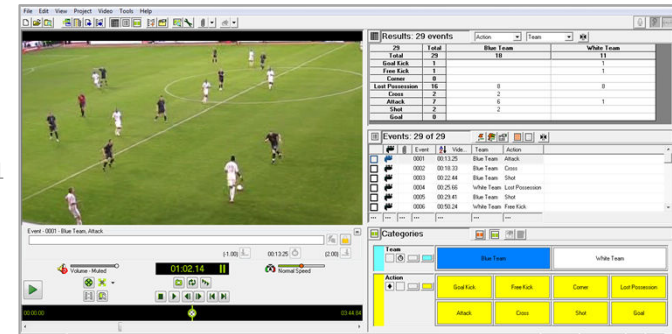


Fig 2

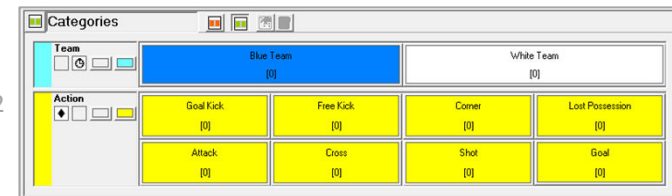


Fig 3

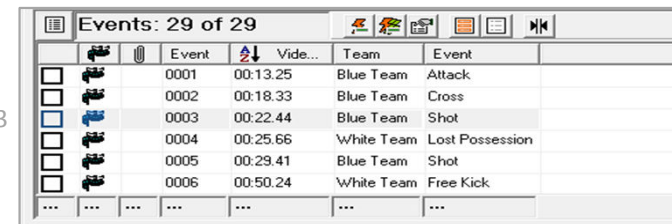
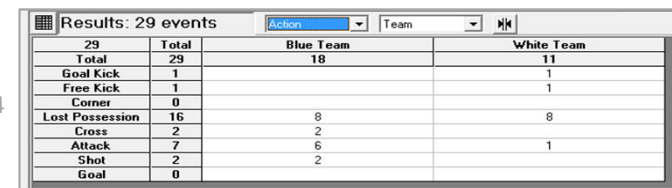


Fig 4



# Quick-Start Guide: Reviewing Events

## Reviewing Events

You can use either the 'Results' grid or the 'Category Set' to filter to review the events you want to view. This section details how each of the facilities works.

### Using the 'Results' grid

By using the dropdown action menus in the 'Results' grid (Figure 5) you can display the data that you have entered in the way that you want. In the example shown, we have chosen to display the results by **Action** and then by **Player**.

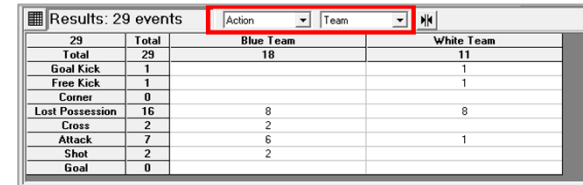
When you click on any of the cells in the Results grid the 'Events list will refresh to display only those events that you have chosen. If you then click on any of these events in the Events list the interactive video technology will take you to exactly that point of the action that you want to view.

For example, if we wanted to look at each of the **Crosses** by the **Blue Team**, we click on the appropriate cell in the Results grid (Fig 6) and the Events list filters to show only the 2 Crossing events by that team. To view either of these examples we click on the one we want in the 'Events' list and the video takes us straight to that point of the game.

### Using the Category Set to filter review 'Events'

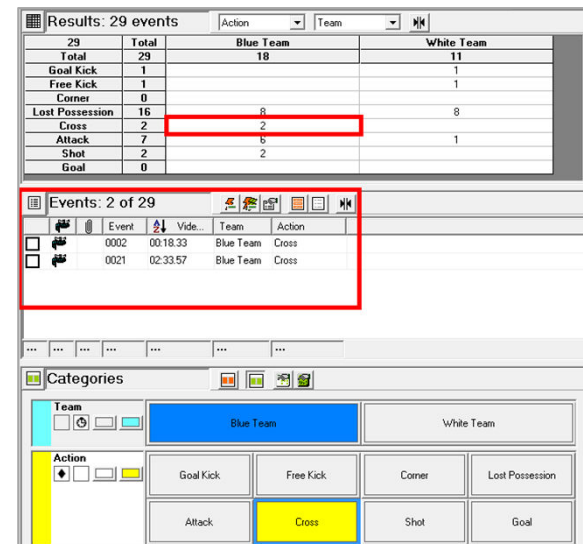
Each Category has two filter buttons to help us select and review the events that we want (see Fig 7). For each Category, one button is non-coloured and one is coloured. If you click on the non-coloured filter button this will de-select all of the options in that Category. You then simply click on and highlight the option(s) that you are interested in within that Category and the Events list will automatically refresh to show your choices. Alternatively, by clicking on the coloured filter button this will highlight and select all of the options in that Category.

Once you have chosen the event(s) that you want to view, click on them in the Event list and the video will go directly to the correct point of the action.



29	Total	Blue Team	White Team
Total	29	18	11
Goal Kick	1		1
Free Kick	1		1
Corner	0		
Lost Possession	15	8	8
Cross	2	2	
Attack	7	6	1
Shot	2	2	
Goal	0		

Fig 5

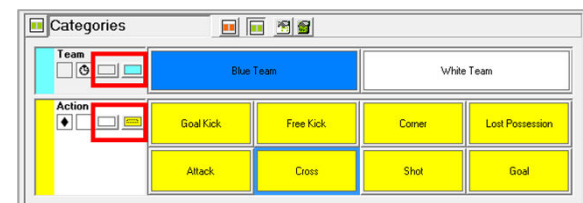


29	Total	Blue Team	White Team
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Goal Kick	1		1
Free Kick	1		1
Corner	0		
Lost Possession	15	8	8
Cross	2	2	
Attack	7	6	1
Shot	2	2	
Goal	0		

Event	Vide...	Team	Action
0002	00:18:33	Blue Team	Cross
0021	02:33:57	Blue Team	Cross

Fig 6



Team	Blue Team	White Team	
Goal Kick	Free Kick	Corner	Lost Possession
Attack	Cross	Shot	Goal

Fig 7

# Quick-Start Guide: Working with the Demo Project

## Getting you started

When you open Focus, the Project that you will see will be the Sample Football (Soccer) project. We have used a short 3½ minute video clip and have entered a total of 29 events.

## Reviewing some 'events'

Let's start by using the Results grid to let us look at all of the *Shots* played by the *Blue Team*.

- 1) Set the drop down menus on the Results grid to look at events by *Action* and then by *Team* (see Fig 5).
- 2) In the Results grid click on the cell that represents the number of *Shots* by the *Blue Team* (see Fig 6). In this case the total is 2. The Events list refreshes to show just these 2 events.
- 3) Click on the either event in your Event list and the video will take you to that point in the action where you can then use the video controls to view the event the way you want.

This time we will use the Category Set to filter the events we want to view.

- 1) Click on the 'non-coloured filter button' on each of the Categories and this will ensure that none of the options in either Category are highlighted (Fig 9). You will see that there are now no events showing in the Event list.
- 2) Now click on and highlight the *Blue Team* option in the *Team* Category and then the *Shot* option in the *Action* Category. The Events List will now show the 2 *Shots* by the *Blue Team* (Fig 10).
- 3) Click on either event in the Event list to take you to that point in the action.

Fig 9

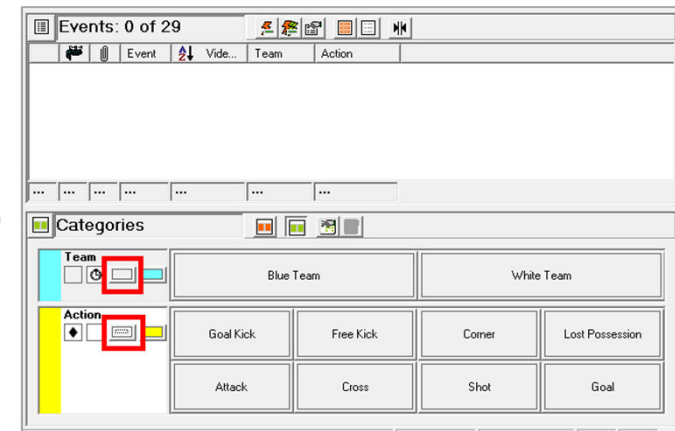
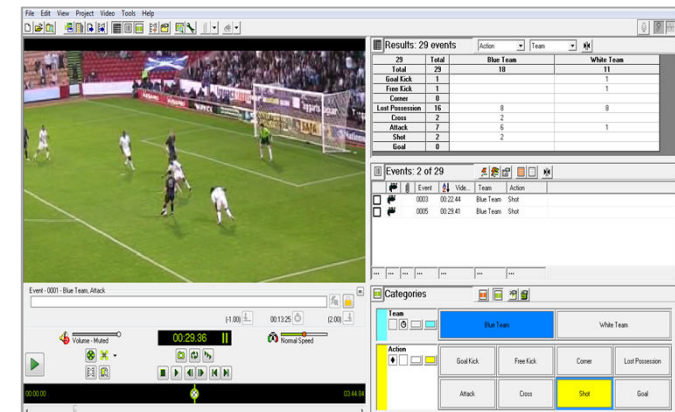


Fig 10



# Quick-Start Guide: Working with the Demo Project

## Changing how you view events

Focus has the flexibility to allow you to decide how you want to view events. When you click on an event in the Event list, Focus can either take you that exact point in the video, or it can add in a 'pre-roll' facility for you that lets you determine how many seconds before an event you want the video to go to when you click on an event in the event list.

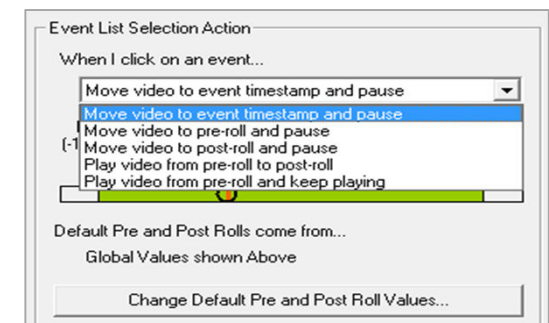
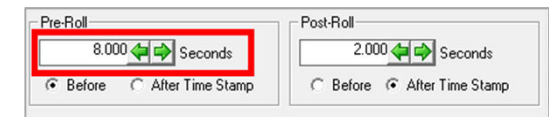
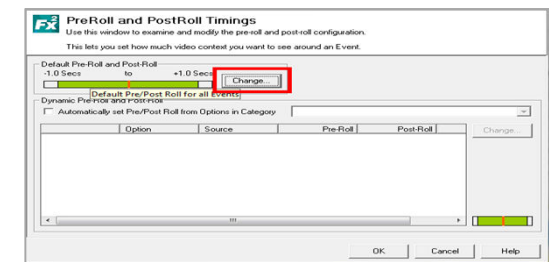
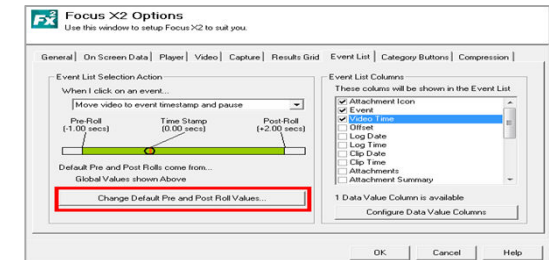
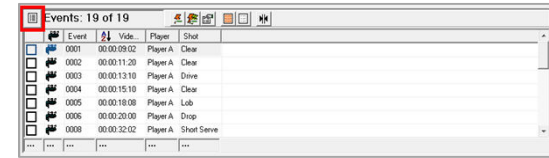
For example, if you wanted to view what happened before each of the **Shots** on goal by **Blue Team**, you might want to set the 'pre-roll' facility to 8 seconds. Now when you click on either of the **Shot** events in the Event list, the video will take you to a point 8 seconds before each shot, enabling you to view the important build-up play. In addition you have the choice of whether you want the video to pause or automatically start playing when you click on an event in the Event list.

## Using the Events List options

To change the way that you view your events click on the Options button found in the Events list section of your screen. (see Fig 11).

- 1) In the Focus options window that opens, click on the **Change Default Pre and Post Roll Values** button (see Fig 12).
- 2) The Pre Roll and Post Roll Timings window will open. Click on the **Change** button (see Fig 13).
- 3) When the Default Pre/Post Roll window opens use the arrows to change the length of pre-roll that you want for your events (e.g. 8 seconds).
- 4) Click on the OK button to save these the changes . Now when you click on any of the events in the Events list the video will take you to the appropriate pre-roll (in this case 8 seconds before each **Shot**).

To change other aspects of what the video does when you click on an event, select from the options in the dropdown menu in the Focus options window (Fig 15). You can choose to go to the event Timestamp (i.e. the exact point in the video that you entered the event), or you can use the various Pre and post roll options.



# Quick-Start Guide: Working with other Demo Projects

## Try another Focus Demo project

When you downloaded Focus there were two Focus Demo projects for Football (Soccer) that were downloaded. We have called the second project '**Focus Demo Project 2 – Football (Soccer)**'. In this project we have used the same video footage as before, but have analysed the game from an Individual Player perspective to let you to see how you might use the flexibility of the Focus Category Set.

### Opening another Project

To open the second Focus Demo Project, click on the '**File**' tab in Focus and select the '**Open Project**' option (see Fig 16).

The Open Focus Project window will open up:

- 1) In the '**Select a Project to Open**' section, follow the path – **My Documents/My Focus Files/Projects/Samples/SoccerDemo3** folder (Fig 17).
- 2) Inside the folder select the Project called '**Focus Demo Project 2 – Football (Soccer)**'. Click on the '**Open**' button and the new project will open up.

### Analysing Individual Performance

You will see that in the new Project we have set our Category Set up to allow us to analyse and review the performance of individual players in the Blue team. We have used 3 Categories in this Project and that has enabled us to enter events based on;

- 1) Which player is involved (**Players – Blue** Category)
- 2) What they are doing e.g. Passing, Dribbling etc. (**Event** Category)
- 3) What was the Outcome e.g. Retained Possession, etc. (**Outcome** Category)

### Reviewing events in the new Project

As there are 3 Categories in this Project, you may find it more effective to use the Category Set method of filtering events as this will allow you to select and view the events you want based on Player, Action and Outcome. E.g. If you wanted to look at each occasion player 8 lost possession when passing the ball you would use the Category Set filter buttons to highlight only these options (see Fig 18).

