



# The Essentials of Performance Analysis: An Introduction

By Mike Hughes, Ian Franks

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**The Essentials of Performance Analysis: An Introduction** By Mike Hughes, Ian Franks

What is performance analysis and how does its use benefit sports performance?

How can you use performance analysis in your sport?

*The Essentials of Performance Analysis* answers your questions, providing a complete guide to the foundational elements of match and performance analysis for new students and beginners.

As well as a basic introduction to the sport science and theory that underlies performance analysis, the book contains many practical examples to show performance analysis in its applied context. It includes discussion of:

- approaches to analyzing sport performance
- the use of feedback technologies
- the use of video and biomechanical analysis
- interpreting data
- coaching with notational analysis.

*The Essentials of Performance Analysis* is a straightforward, concise and authoritative guide for students of sport science and sports coaching, as well as for coaches and athletes looking to develop their insight into sports performance analysis.

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### **Editorial Review**

#### **About the Author**

Mike Hughes is Professor and Head of the Centre for Performance Analysis and Course Director of the Masters in Performance Analysis at the University of Wales Institute, Cardiff.

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