

INPLASY

What behaviours and professional practices enable effective preparation, delivery and evaluation of video based feedback in elite sport?

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ADMINISTRATIVE INFORMATION

Support - Self Funded.

Review Stage at time of this submission - Preliminary searches.

Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 05 July 2024 and was last updated on 05 July 2024.

INTRODUCTION

Review question / Objective The aim of this systematic review is to investigate the implementation of video based feedback and its effectiveness to better inform coaching practice and the use of digital performance analysis tools in elite sport. To this end, the proposed systematic review will address the following question: What behaviours and professional practices enable effective preparation, delivery and evaluation of video based feedback in elite sport.

Rationale The use of performance analysis and video-based feedback is widely used within a sports coaching context with the aim to understand and improve future sports performance. Video-based feedback has emerged as a pivotal tool in enhancing coaching practices across various sports disciplines, but there are currently no guidelines for practitioners relating to effective practice when it comes to designing learning opportunities, delivering insights or

evaluating it's effectiveness. This systematic review aims to synthesise exiting research across multiple disciplines to understand existing practices and behaviours with the aim to develop of guide to practice for educational institutes, sports organisations and coaches as well as performance analysts looking to increase the impact of their video-based feedback.

Condition being studied Sports performance analysis, video-based feedback in sport, learning design, elite sport.

METHODS

Search strategy The databases being searched are the following;
SPORTSDiscuss
PubMed
Web of Science
Scopus
The search terms to be used are as follows;
Performance analysis
Video feedback

Debriefing
Elite sport.

Participant or population Elite sports organisations, elite coaches, elite athletes, Olympic coaches, Olympic athletes, applied performance analysts, applied video coaches, applied video analysts (professional).

Intervention Video feedback, video debriefing, video coaching intervention, video analysis, video feedback evaluation.

Comparator Dr Denise Martins framework for professional practice for applied performance analysts from the paper below. Martin et al 2021 – Developing a framework for professional practice in applied performance analysis:
<https://doi.org/10.1080/24748668.2021.1951490>

Study designs to be included Original peer reviewed research, Research commentary, Surveys, Interviews, Observational research.

Eligibility criteria Research published between 2014 and 2024 will be included if they meet any of the following criteria
Describing or reflecting upon athlete feedback processes in elite sport.
Perceptions of video and data and how they support feedback processes in elite sport.
Perspective of the impact of video/data on feedback design elite sport in elite sport.
The use of performance analysis technology in elite sport.
The role of performance analysis in elite sport.
Describing performance analysis (video-based feedback) processes in elite sport.
Evaluating the use of performance analysis (video-based feedback) in elite sport.
Research investigating coach behaviour during video-based feedback sessions
Describing/evaluating of video feedback session design.

Information sources Electronic databases and journals and books.

Main outcome(s) The primary outcomes of the review are to understand existing methods, practices and behaviours for the preparation, delivery and evaluation of video-based feedback.

Additional outcome(s) An additional outcome is to develop and understanding for the perceptions of stakeholders involved in the preparation, delivery and evaluation of video-based feedback process

as well as reflections of those who are implementing it.

Data management Data will be managed using EndNote21 to extract the data from the selected studies and Covidence during the study selection process.

Quality assessment / Risk of bias analysis Two reviewers will check the eligibility of the studies for inclusion with an additional reviewer for conflict resolution. Their will be a title screen initially between the two reviewers followed by an abstract screening process using the GRADE framework.

Strategy of data synthesis A reserach synthesis strategy with no minimum number of studies required. The data to be synthesised will be the practices, perceptions and behaviours of coaches and analysts in the implementation of video-based feedback in elite sport.

Subgroup analysis Elite coaches, athletes and a variety of sports.

Sensitivity analysis This review is based on the perpspective of a sports performance analyst with the synthesis aimed at providing them with guidance. Difficulty may arise when looking at coach/analysts and including those studies in the review. This particular review is not a meta analysis, it is a research synthesis with all findings from the included studies used.

Language restriction Yes - only peer reviewed search results in English will be considered for the review.

Country(ies) involved United Kingdom.

Keywords Systematic review; video-based feedback; applied performance analysis; elite sports.

Dissemination plans Aiming to publish the research in the international journal for sports performance analysis.

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