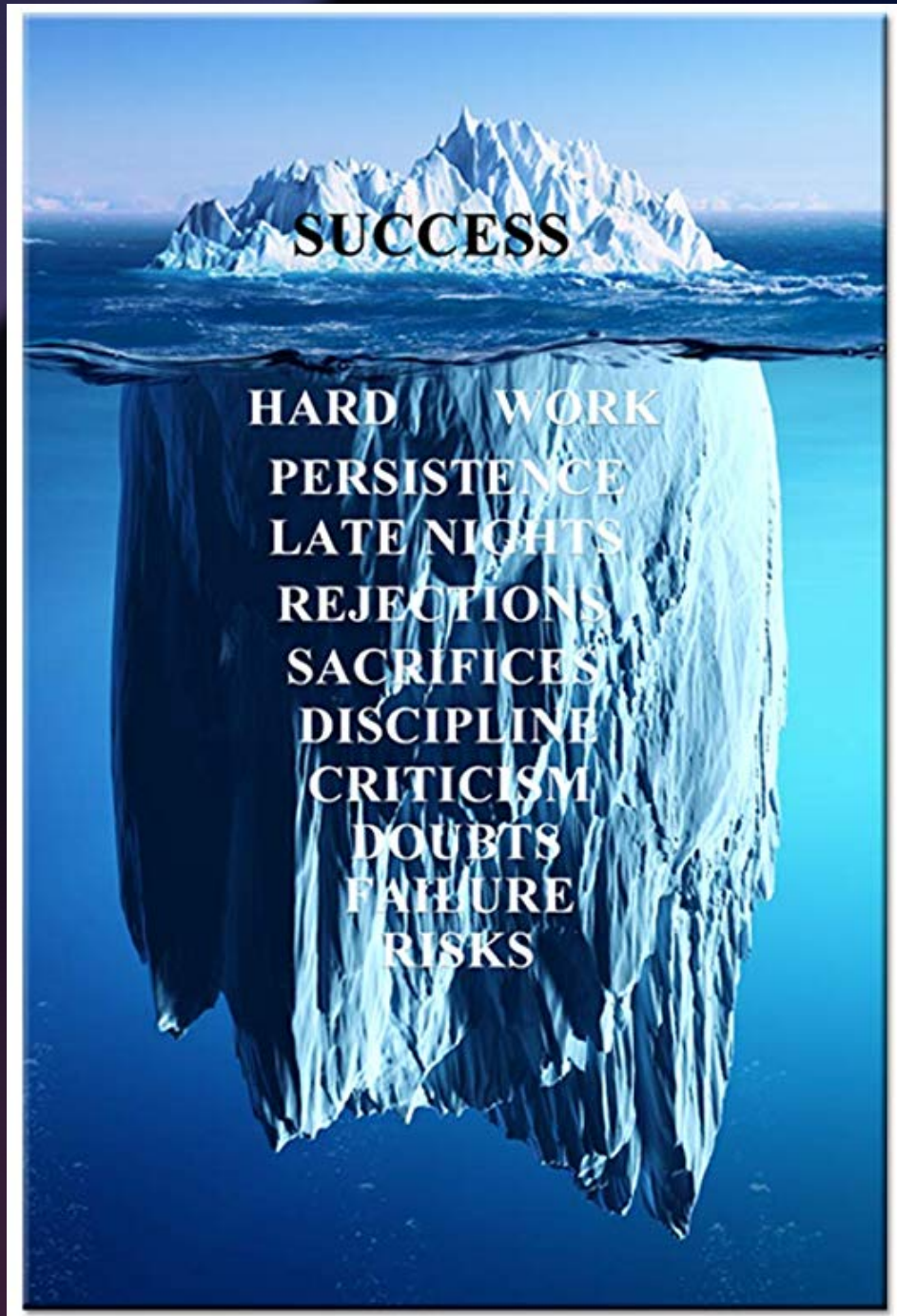




***Using Film Analysis to Teach, Develop, and Improve Performance  
(DOCs, Club, Coach, Players)***

***Tom Torres  
Head Women's Soccer Coach  
Carroll University***





Experience - A lot of video

Use video to enhance player and team/club development

We will discuss systems / platforms to use in breaking down matches and training to identify teaching moments

We will look at other ways to use video as a tool for successful player improvement - 4 Components

4 Components to look at



1. Analysis 40%
2. Scouting 25%
3. Training / IDP Evaluation 10%
4. Recruiting / Highlights 25%



# Why video matters?



How many moments from a 70-90 minute match do the players on your team or in your club actually remember?



## Visual learners

Helps with:

1. Tactical awareness, decision making, accountability, game IQ
2. Slows the game down to smaller moments and allows us to revisit those moments



# Game Model / Style of play - Levels

## Youth - Club

- Simple decisions
- Effort
- Space
- Twice / Month

## High School age

- Tactical Principles
- Individual actions
- Once / Week

## College - Beyond

- Tactical Detail
- Opponent tendencies
- 2-4 / Week

Meet / Share / HW?

It takes time

Challenges?

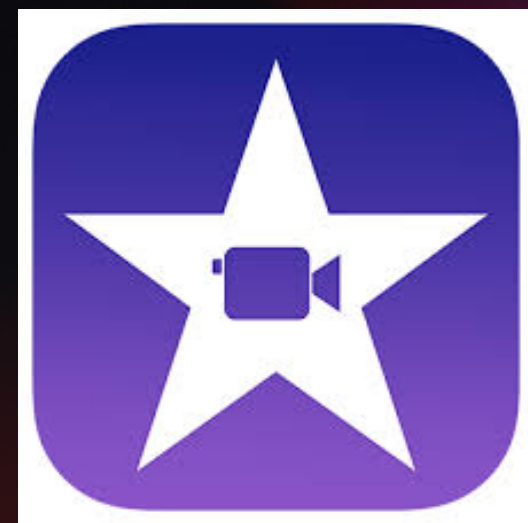
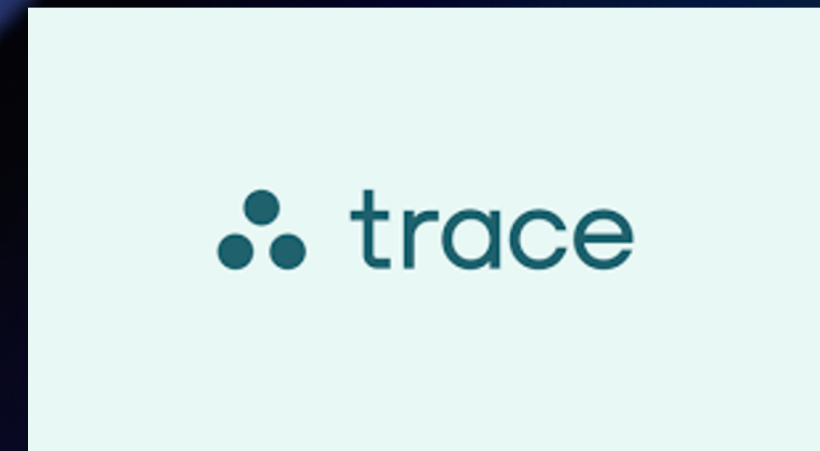


What is your idea on how you want your team / club to play?





# Platforms





Basic form, but still useful when combined with other platforms







< organize lines

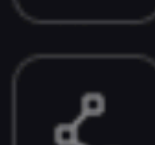
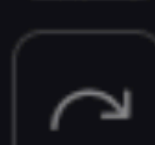
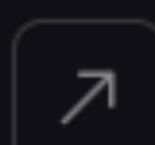
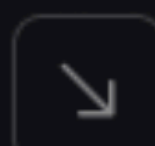
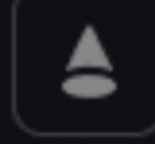
Pitch Mask

Undo

Redo

Clear

Account



Start Recording



0:1



High level tool - highly recommend when used in meetings / or sharing



HUDL Home Watch Now Upload [Calendar] [Notifications] [Messages] TT Tom Torres

Carroll University Women'... Library Reports Exchanges Team Highlights

Clear All [Filter Icon] Search...

138 Items [Newest Uploads] [Grid Icon]

**OCTOBER 2025**

**ACTIVITY**

Recently Deleted

**LABEL** +

4.9.21 Practice

Intersquad Scrimmage 3/21/21

Practice 3/2/21

Practice 3/26/21

Practice 3/31/21

Practice 3/5/21

Practice 4.5.21

Wheaton scrimmage 4.13.21

**TYPE**

Game

Scout

Playlist

Practice

**EVENT** ↑↓

2025-2026

**MANAGE STORAGE** ^

296 of 500 hrs (59%) used

[Learn more about managing storage.](#)

**Game** L 0 - 1

**Carroll U vs IWU**

Oct 25, 2025 [4K]

**Playlist** 8 Clips

**IWU Scout 2025**

Oct 24, 2025

**Scout**

**vs. North Central College - Game**

Oct 24, 2025

**Game** L 1 - 1

**vs. Carroll University - Game**

Oct 23, 2025

**Playlist** 9 Clips

**Wheaton Scout 2025**

Oct 21, 2025

**Playlist** 11 Clips

**NP Recap 2025**

Oct 20, 2025

**Game** L 0 - 3

**Carroll University vs North Park U...**

Oct 18, 2025 [4K]

**Practice**

**Carroll vs. North Park**

Oct 18, 2025



Record, share, review and save.





0:01 / 0:19



Send to Highlights

Great shape and team pr...  
19s · 20:12 · Carroll vs. North Park

Add a comment ...

Quality commitment to o...  
28s · 23:14 · Carroll vs. North Park

In possession going for...  
24s · 25:00 · Carroll vs. North Park

Quick chance created  
13s · 27:18 · Carroll vs. North Park

Good play ending in tran...  
17s · 42:50 · Carroll vs. North Park

Right idea on the free kick  
11s · 45:50 · Carroll vs. North Park

Good cover to a quality ...  
32s · 1:01:59 · Carroll vs. North Park



Can create clips from the video to share / or review in person



# HUDL Assist



Matches		Attacking							
Season	MP	G	SH	SH:G	AttT				
2016-2017	10	<u>1.4</u>	<u>10.5</u>	<u>7.5</u>	<u>45.9</u>				
By Half	MP	G	SH	SH:G	AttT	CK	FK	P%	P#
1st Half	10	<u>1.0</u>	<u>5.4</u>	<u>5.4</u>	<u>23.5</u>	<u>1.6</u>	<u>3.5</u>	56.7	<u>42.5</u>
2nd Half	10	<u>.4</u>	<u>5.1</u>	<u>12.8</u>	<u>22.4</u>	<u>1.8</u>	<u>3.6</u>	55.4	<u>40.7</u>
OT1	10	0	<u>0</u>	<u>0</u>	<u>0</u>	0	<u>0</u>	0	0
OT2	10	0	<u>0</u>	<u>0</u>	<u>0</u>	0	<u>0</u>	0	0
By Minutes	MP	G	SH	SH:G	AttT	CK	FK	P%	P#
0-10	17	<u>.4</u>	<u>1.6</u>	<u>4.0</u>	<u>8.3</u>	<u>.4</u>	<u>1.3</u>	50.8	<u>15.5</u>

St. Louis Scott Gallagher MLS NEXT U17



FT 2 - 2 27 Feb 26



SC Wave MLS NEXT U17

Matteo Hayes (3') (17') Julian Popkewitz  
Aiden Hunt (73') (95') Zechariah Morgan

Game Video

- Full Game
- Game Highlights
- Attacking
- Attacking
- Defensive
- Defensive



Key Events

by Taka

Auto Play

- 2' Luke Pavely Off Ball Intelligence
- 2' Jayden Woldt Challenge
- + Aiden Hunt Off Ball Intelligence, On Ball Intel... 2'
- + Matteo Hayes Penalty 3'



High level team analysis - AI



Game Skill Location Playlist

Playing

- 11 Jan 26 10 Clips
- 10 Jan 26 24 Clips
- 15 Dec 25 14 Clips
- 14 Dec 25 10 Clips
- 12 Dec 25 24 Clips
- 23 Nov 25 10 Clips
- 22 Nov 25 9 Clips

#18 Sebastian Torres

Close Control  
Intercept

TAKA

5 1x 0:01 / 0:29

Sebastian Torres vs 11 Jan 26

Game by Taka - 10 Clips

Auto Play

- + Close Control, Intercept
- 02 35s + On Ball Intelligence, Shot/Finish
- 03 01s - Aerial
- 04 01s - Def 1v1
- 05 01s + Def 1v1
- 06 01s - Off Ball Intelligence
- 07 01s + Short Pass
- 08 01s + Intercept
- 09 + Short Pass



High level individual actions





Your channel  
Tom Torres

- Dashboard
- Content**
- Analytics
- Community
- Subtitles
- Content detection
- Earn
- Customization
- Settings

Inspiration Videos Shorts Live Posts Playlists Podcasts Promotions Collaborations

Filter

<input type="checkbox"/>	Video	Visibility	Restrictions	Date ↓	Views	Comments	Likes (vs. dislikes)
<input type="checkbox"/>	0:22 IMG 3767 Add description	Public	Made for kids	Sep 22, 2025 Published	11	0	-
<input type="checkbox"/>	6:17 Col Scout Add description	Unlisted	Made for kids	Sep 12, 2025 Uploaded	27	0	100.0% 1 like
<input type="checkbox"/>	8:30 Carroll v SJU Add description	Unlisted	Made for kids	Aug 31, 2024 Uploaded	11	0	-
<input type="checkbox"/>	14:26 06 Scout vs Lou Fusz Add description	Public	Made for kids	Jul 3, 2023 Published	40	0	-
<input type="checkbox"/>	15:19 07 Scout vs Lonestar Add description	Public	Made for kids	Jul 3, 2023 Published	44	0	-
<input type="checkbox"/>	14:25 06 Scout LA Surf Add description	Public	Made for kids	Jun 20, 2023 Published	32	0	-
<input type="checkbox"/>	08 Scout VSA Rush	Public	Made for kids	Jun 20, 2023	64	0	100.0%

Public  
Everyone can see this video



When you don't have meetings / facility



## My Current Process

Club - Taka / Imovie / KeyFrame / YouTube

Review / Scouting / Individual

Carroll - HUDL / HUDL Assist / KeyFrame / YouTube

Review / Scouting / Individual



## Work Plan / Flow - Find what works in your schedule

**Game Day** - Notes on key moments / times - Be selective

**Review Film** - Process / Tag / Create - Game model / high level clip

**Team Film Session** - Ask questions - engagement - keep simple - 20 min. Max - Important to present vs just talking

**Team Share YouTube** - Option when no time to meet

**Training to reinforce** - Themes in training / decision making focus (that will take another hour to go through that process!! - **(Next Year)**)



# 1. Analysis

When watching film, coaches should look through three layers.

**Individual actions**  
**Small group relationships**  
**Team tactical structure**

**Three powerful clip types:**

**Positive Reinforcement**

Show what good looks like.

**Learning Moments**

Highlight decision opportunities.

**Contrast Clips**

Good vs poor execution.

Interactive Film Sessions

**Instead of explaining everything, ask:**

- “What do you see here?”
- “What are the options?”
- “What should the trigger be?”

**Players learn best when they discover solutions themselves.**

Good clips should include:

**Clear decision point**

**Tactical relevance**

**Repeatable situation**

**Opportunity to train/improve**

Bad clips:

**Confusing**

**Too many actions happening**

**Not connected to game model**



# Three Layers - Analysis

## Individual Actions

Examples to analyze:

• First touch direction

- Scanning before receiving
  - Body shape
  - Timing of runs

Clip example:

Attacker receiving under pressure

## Small Group Relationships

Focus on connections between players.

Examples:

- Outside back + winger combinations
  - Midfield triangles
  - Center back partnerships

Clip example:

Fullback overlapping vs underlapping decision

## Team Tactical Structure

Examples:

- Defensive compactness
  - Pressing triggers
  - Build-out patterns
  - Transition shape

Clip example:

Team pressing sequence.

## **Film should drive training design.**

Example:

Film shows problems with **defensive transition**.

Next training session focuses on:

- Transition games
- Recovery runs
- Pressing triggers

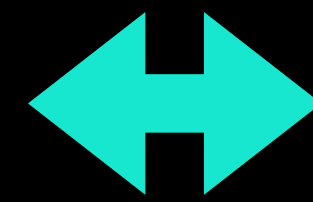


An aerial photograph of a football field. The field is green with white yard lines and is surrounded by stadium seating. In the background, there is a building with a sign that reads "PIONEER STRONG". The text "EXAMPLES OF REVIEWS - (the good stuff)" is overlaid in large, bold, yellow letters across the center of the image.

# EXAMPLES OF REVIEWS - (the good stuff)

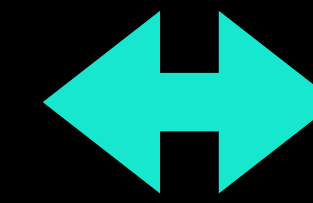


- Reality of the game
- Both sides of the ball
- Recognize moments
- Defend - organize / pressure
- Attack - speed / open space



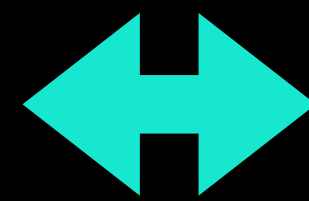
**Transitions**

- Organization -
- Discipline
- Emotional control
- Physical - Work rate



**Defensive Shape**

**Wide Play**

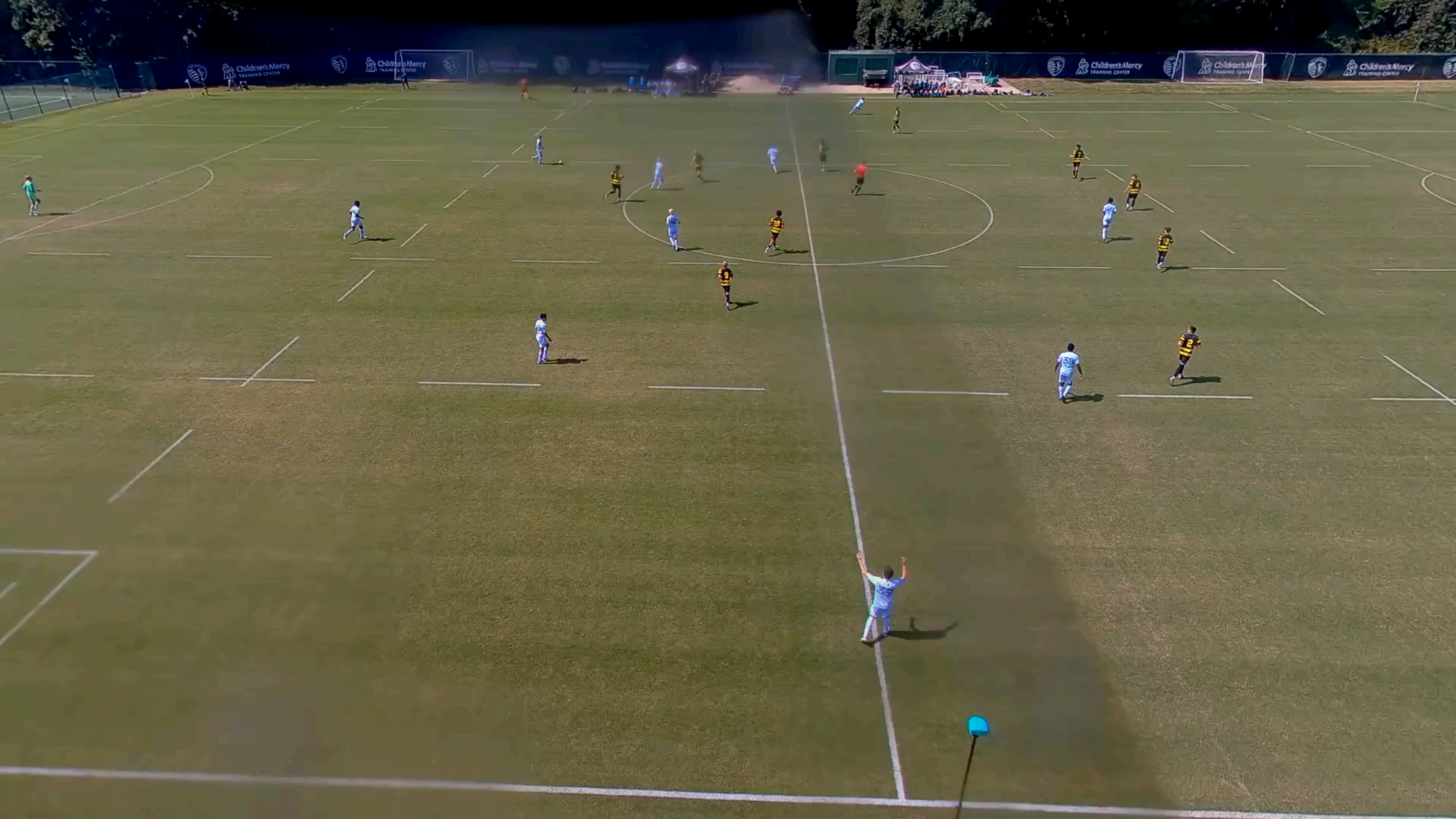


- Starting positions
- Good ball possession
- Find open spaces
- Deliver and move to get into area





In Person







NWSL  
WAS 1 ORL 1 58:06

WASHINGTONSPIRIT.COM WASHINGTONSPIRIT.COM WASHINGTONSPIRIT.COM WASHINGTONSPIRIT.COM WASHINGTONSPIRIT.COM WASHINGTONSPIRIT.COM

UNITED

Couple years later of training movements for crosses



# HIGH LEVEL EXAMPLE - IMBED IN THEIR REVIEW





YouTube / Keyframe Reviews .45 / 4.30



- In Possession
- Out of Possession
- Transitions
- Restarts - Mentality

## 2. Scouting



- Video platforms (Imovie / HUDL)
- Sharing Libraries
- Presentation Apps
- Find your rhythm - work plan





VS

**SJU**



SCOUT





# ***VS Lou Fusz / (U17/2006)***

## ***Scouting Report / Keys to the Game***



JULY 2023  
ST. LOUIS

**Their shape: Expect a 1-4-3-3 but can play 1-3-4-3**

**Their style: Good ability and speed. Capable of passing but look to get the ball to 2 quality wingers**

### **When we attack:**

- 1) Very compact defense in their own half – ball over the back line is on, best when a 1 touch clip
- 2) Back line does not deal well with balls in behind and wide of the shape
- 3) Outside backs will be beatable on the dribble
- 4) They press with 4 attackers and look to stop our 6 from being involved – important to move the ball quickly and make sure they chase

### **When we defend:**

- 1) Be physical with their midfielders and they will cough up the ball
- 2) GK is good shot stopper and has a over half field drop kick. Not afraid to build, but has tools to play long
- 3) 2 wingers have good speed and 1v1 ability #18 and 7
- 4) Pressure their build up and they will cough the ball up

### **In Transition:**

- 1) Their 10 steps up with the 3 forwards to attack in transitions
- 2) We need to attack their wide areas in transition

### **Other / Set Pieces:**

- 1) Suspect on corner defense
- 2) Be alert and ready on both sides of the ball
- 3) Watch for their quick restarts



## 3. Training / IDP / Evaluations

### **Individual Player Development**

Film is powerful for individual feedback.

Best practice:

Share 2–3 clips per player.

Too many clips overwhelm players.

### **Player Ownership**

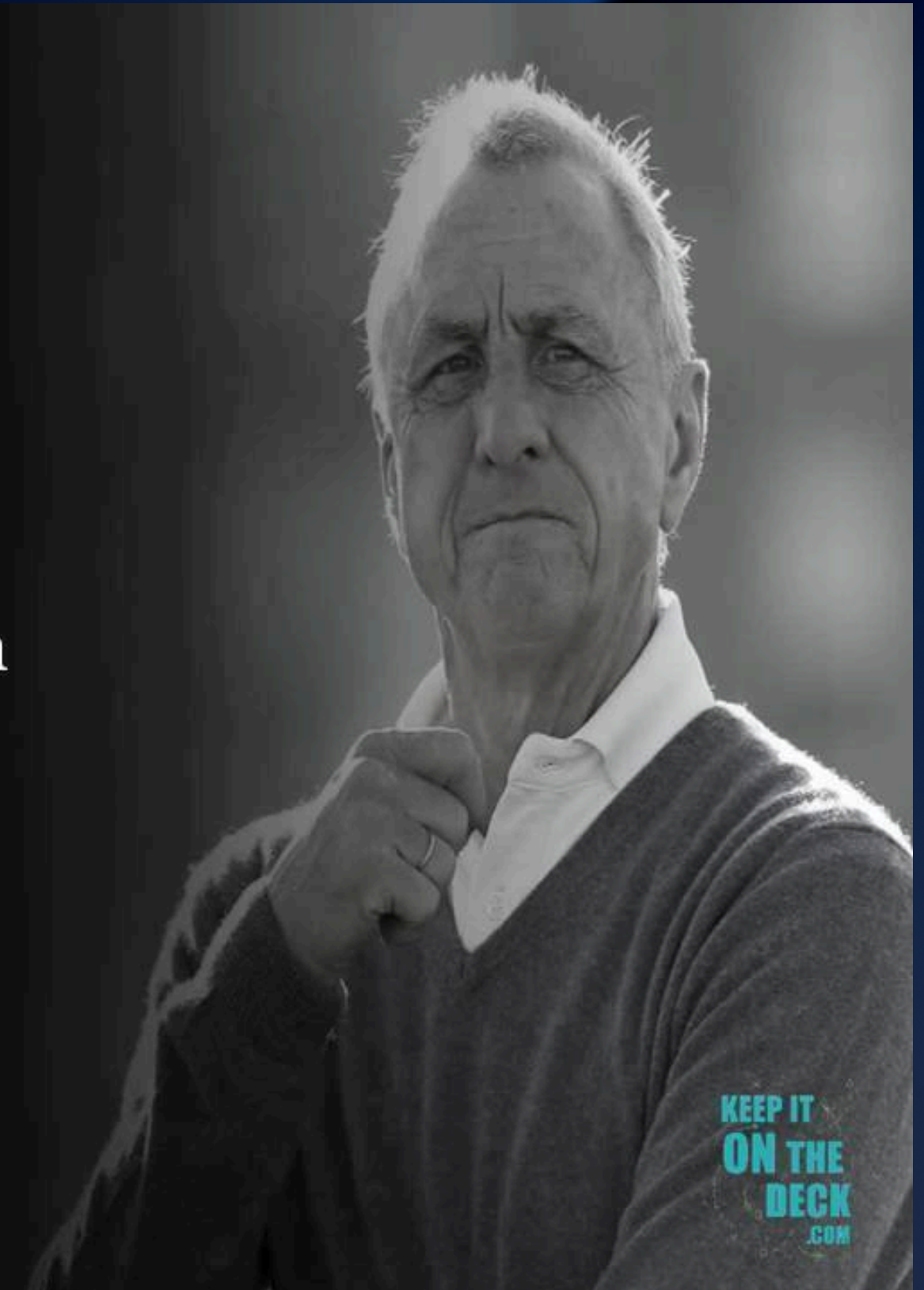
Encourage players to analyze their own film.

Ask players:

- Identify their best moment
  - Identify one improvement moment
- This builds game intelligence.

“Teams don't learn.  
Individuals within  
the team learn.  
Development is a  
personal process even  
when conducted in a  
team environment”.

Johan Cruyff  
1947 - 2016

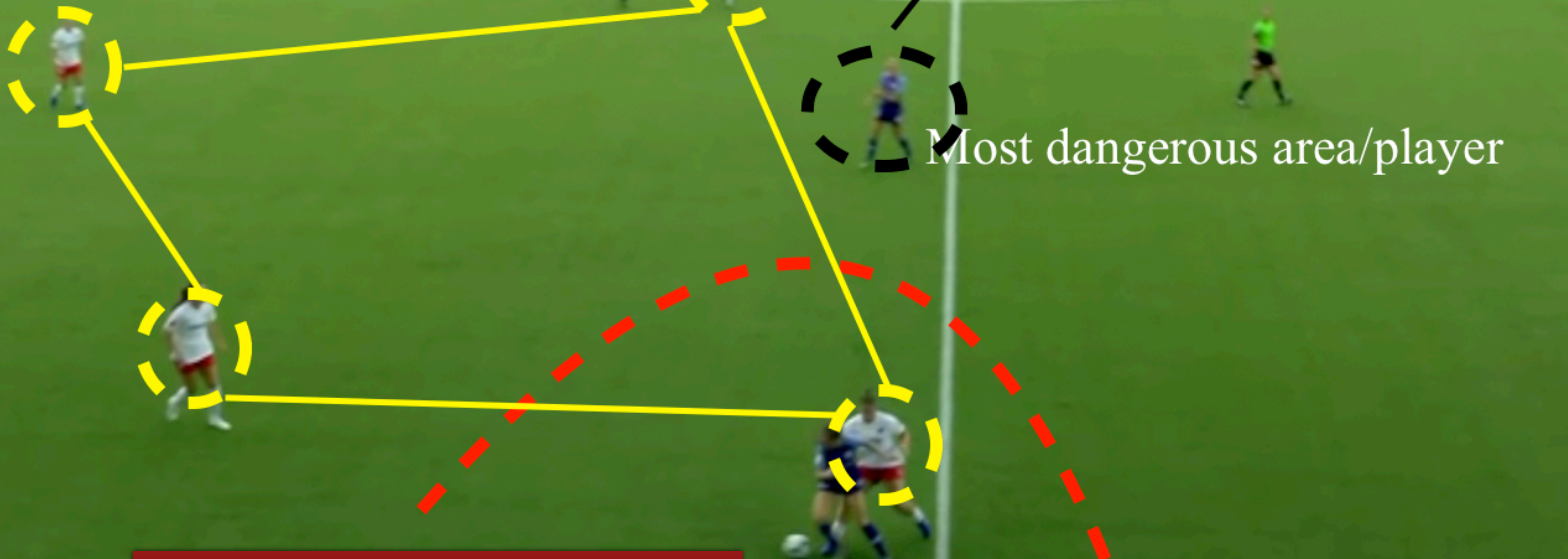


Allowing opponent to switch - keep one way

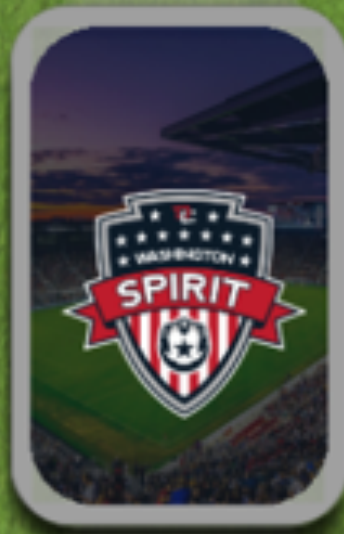
Midfielder IDP



NWSL  
ORL 0 WAS 0 00:48  
EXPLORIA STADIUM  
ORLANDO, FL



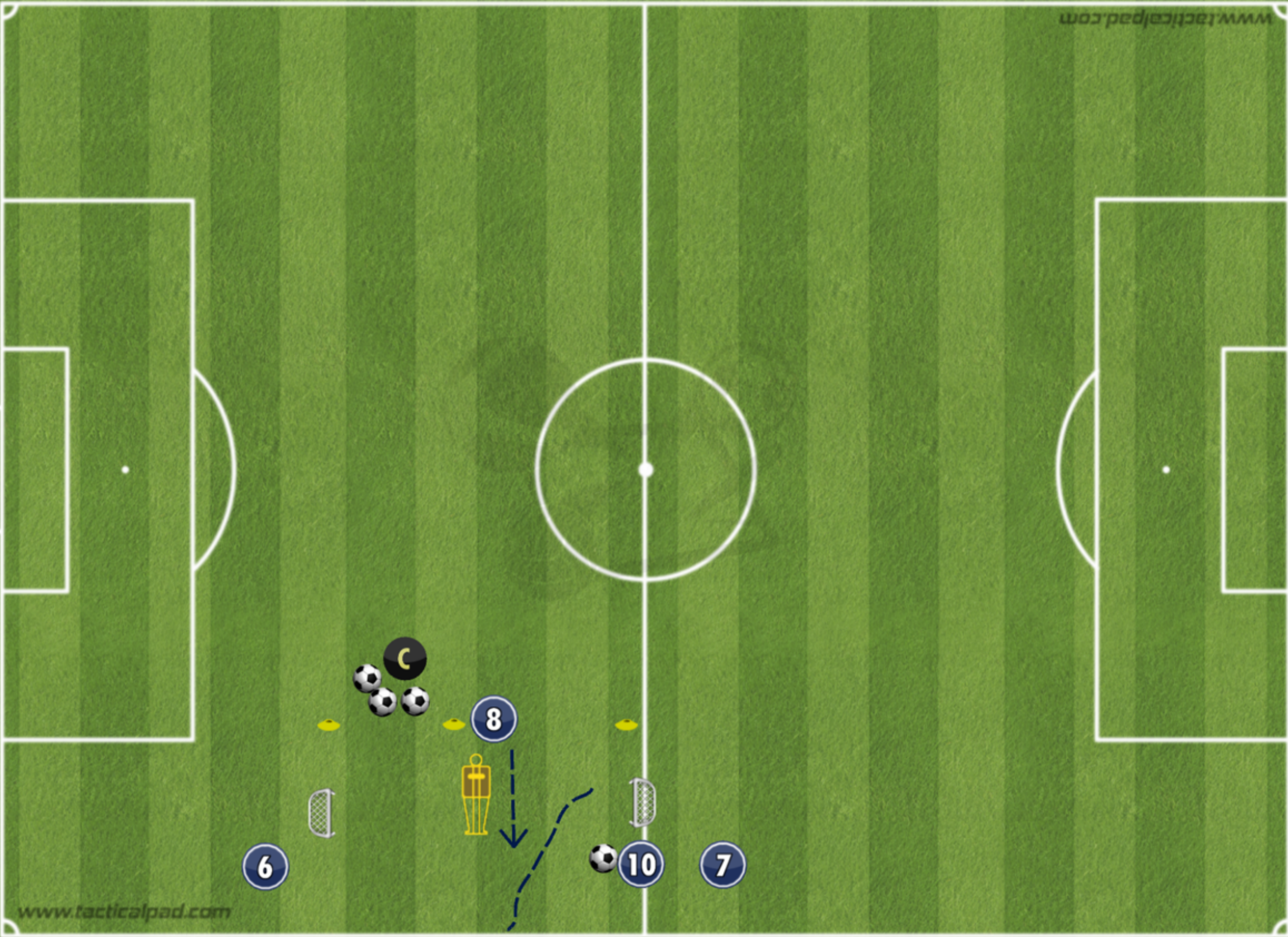
Allowing opponent to switch the POA  
Show player - create exercise to train

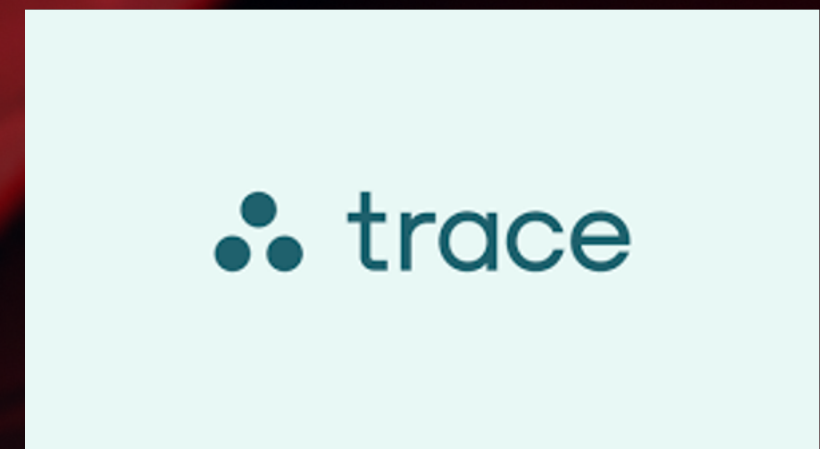


Menu



Tools





# 4. Highlights / Recruiting

The screenshot shows the TAKA sports analytics platform. At the top, there are navigation links for 'Games', 'Athletes', and 'Assistant Coach', along with 'Contact Us', 'Help Center', and 'My Account'. Below this is a filter bar with 'Game', 'Skill', 'Location', and 'Playlist' tabs. A row of clip thumbnails follows, each with a date and number of clips: '11 Jan 26 (10 Clips)', '10 Jan 26 (24 Clips)', '15 Dec 25 (14 Clips)', '14 Dec 25 (10 Clips)', '12 Dec 25 (24 Clips)', '23 Nov 25 (10 Clips)', and '22 Nov 25 (9 Clips)'. The main video player shows a soccer game with a play button in the center. On the left of the video, there are controls for '#18 Sebastian Torres', 'Close Control', and 'Intercept'. On the right, a 'Game' sidebar lists clips with their durations and skill tags: 'Close Control, Intercept', 'On Ball Intelligence, Shot/Finish', 'Aerial', 'Def 1v1', 'Def 1v1', 'Off Ball Intelligence', 'Short Pass', 'Intercept', and 'Short Pass'. The video player controls at the bottom show 'Sebastian Torres vs [Team] 11 Jan 26' and a progress bar at 0:01 / 0:29.

Find the right platform / system that creates short clips



## Do's

## As a former scout and college coach

- Put the best clips at the beginning
- Have a title page with important info (name/#/email/position/grad year/etc.)
- Clearly identify player with an arrow or circle
- Show technical, physical and decision making highlights with realism
- Show a variety of actions
- Keep it short 3-5 minutes - Only use longer clips if heavily involved
- Send a complete link to the game



## Don'ts

- Use quality video that is easy to see - grainy and distorted video is not recommended
- Keep the music simple and appropriate
- Don't alter - speed up / slow down the video
- Don't repeat clips
- Make sure they can clearly identify you on the clips
- Don't highlight unsportsmanlike behavior



# Recap

Film is a teaching tool - Not just for evaluation

## **Common mistakes - use of film**

- Too long - too many clips - not specific
- Over analysis - too many mistakes
- Places blame and no solution
- Doesn't connect to training / game model

## **Good use of film**

- Matches game / training
- Provides solutions
- Improves decision making
- Gives players ownership / accountability



## Reflection

“How long are your typical film sessions?”

“What is the biggest challenge you face with film?”

“How many clips do you usually show players after a match?”

“Do your players watch film independently?”

“What decision-making moments do you think are hardest for players to see in real time?”

If you remember one thing from this - what is your idea of how you want the team to play? Go from there!!!



fLNNI





**THANK YOU!  
QUESTIONS?**

**Happy to do demos**

