

## Hand Notation

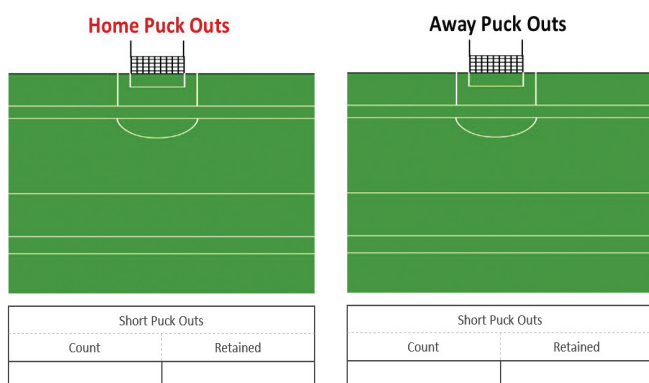
In this week's article I am going to go through the process of creating a basic match day hand notation template which any member of a management team can use. The template I am going to create will be easy to change and adapt to any team's philosophy. The main areas that will be tracked with this template are:

- Puck Outs
- Team Shooting
- Player Shooting
- Foul Counts
- Turnovers

I am going to use Microsoft Publisher to create this template but there are many other alternatives available to people. To add to the ease of use of the templates, it will only require the user to have a 4 colour pen and a clipboard for the users convenience.

### Puck Outs

From my experience of working with teams, it is beneficial to know the count of both teams puck outs, which players are winning puck outs and finally, the areas where puck outs are being won or lost. For these reason I have added a two simple pitches for both the home team and away team.

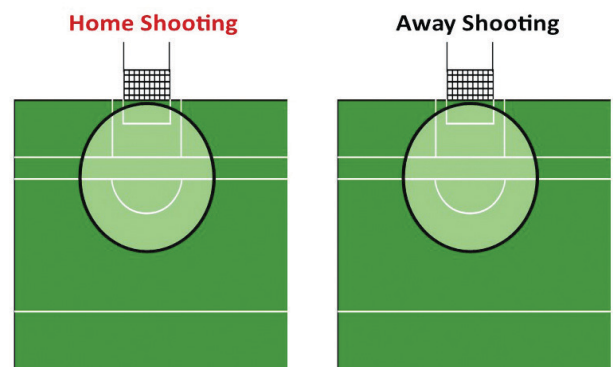


Each pitch will be used to mark the data separately from each team. When marking the puck outs I use red for the home team and black for the away team. I use a tick

to notate a win on the location a puck out is won and if the home team lost a puck out I use an X to notate a loss again on the location its lost. When marking the puck outs I also put the number of the player the puck out was intended for beside the X. This allows me to see if there are trends developing on who the opposition are aiming for from puck outs and also who is winning puck outs for my team. There is also a box underneath both teams puck out maps to notate if a team goes short from puck outs. If a team goes short a tick is added to the count box and if possession is retained to the oppositions half, a tick goes into the retained box. Some coaches define a short puck out as going to the full back line whereas other coaches define it by how far a puck out goes in metres. Make sure to clarify what the management is looking for before analysing the short puck out. In the finished template there is also a table for the user to complete at half time so that it is easy to read how each team have fared in the first half from puck outs.

### Team Shooting

To analyse team shooting during a game I am going to look at the location from which shots are occurring and also how many times teams are having shots within a goal scoring area. Similarly to the puck out section of the template, I have added two separate pitches to look at each team individually. There is a white circle added to the pitch which would indicate a goal scoring area.



#### Shots colour key

- From play
- From Frees
- Goal

This can be adjusted depending on defensive set ups. Out of 54 All-Ireland and League finals, 81% of the games were decided by the team who scored more goals. This is why we have incorporated how many goal scoring opportunities teams are having.

I notate each shot, whether it was from play or a free, by using different colours. If a shot is from a free I use a green pen. If a shot is from play then I use blue to notate it and if there is a goal I use red. If a point from play is scored it is notated by using a blue tick. A wide is notated by a blue X on the location of the shot. A green tick notates a point from a free and green X notates a wide from a free. By notating the location and outcome of the shot, it allows management to see where their team or the opposition are finding success.

### Individual Shooting

During a game it can be beneficial to see who is having an accurate day in front of the goal. To examine this, there is a box added which the user can add in the players number who had the shot and the outcome of the shot.

This should be done using the same colour coding system as the team shooting so that management can see if the free taker is having a good day. If a player had a shot from play their number should be noted in blue and the outcome being a tick for a point and X for a wide. Similarly if it's a shot for a goal, mark in red the players number and the outcome of the shot. If it's a goal, use a red tick and if it's saved or goes wide, use a red X. There are several benefits of data like this being available to coaches. Firstly, when it comes to substitutes, management might be thinking of taking off a player who has not been involved in the game but when they look at the stats they could have 2 points out of 2 shots so instead of taking her off she might be moved to a position to have a greater impact on the game. Secondly, an opposition forward could have scored 3 points so it

Home players shooting

Away players shooting

might be an opportunity to swap their marker. In some cases when tracking opposition shooting I have looked at who the score is coming from. However, I have found this to be tricky when play crosses over and the date isn't always reliable when you look over it with the DVD hence why I have moved away from that.

### Turnovers

An area which coaches place importance on in games is turnovers. Within this template it looks at how teams are being turned over in possession. The 5 types of turnovers which are analysed using this template are:

- Forced turnovers
- From passes during play
- Passes from frees
- Fouls on the ball
- Short shots

By tracking these turnovers, coaches can see how much pressure their team is applying to the opposition by looking at the forced turnovers and how many times the opposition are being turned over from passes in play. Coaches can also have an indication on how they're using the ball if the turnover count from passes during play is high. By using a table it allows for a direct comparison of both teams during any period of the game. Some coaches might want turnovers tracked by location on the field and again this can be easily amended in this template

Turnovers					
	Forced	Pass in Play	Pass from Free	Foul on ball	Short Shot
Home					
Away					



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## Foul Count

The last area this template looks at is foul count. Coaches put a huge emphasis on not conceding fouls inside the scoring area. This template looks at how many fouls team are conceding inside and outside this area. This is just a simple box in which the user puts in a tick to notate that a free has been conceded inside or outside the scoring zone. This allows coaches to have information on how many frees they are conceding available at all times.

By using the foul count and forced turnover information, it can also provide coaches with an indication if their style of play is effective. If a team is playing a running game and they are not winning and fouls and have a high forced turnover rate, then coaches may get an indication that this is style is not working for them on this given day.

Fouls		
	Scoring Area	Outside
Home		
Away		

## Conclusion

This is just a simple template I have used in the past which I find easy to use and gives management information on areas of the game which they feel important. It's important when designing a template that it is based on the ethos and philosophy of the team. If anyone has any question about this template or would like any help designing a template do not hesitate to contact me at [Tomasmount@hotmail.com](mailto:Tomasmount@hotmail.com). In the next article, we will explore how this template can be used to automate a match report in Microsoft excel.

Until next time,  
Tomas

