**‘What methods do you use to track progress?’**

Please find below transcript for the video ‘What methods do you use to track progress?’ This video features sports coach Jason Hui. The full video can be [found on YouTube here](https://youtu.be/a6sg8nWZYqo).

**Transcript**

“Very similarly I'll give them a target, so I'll probably feed some shuttles to a student and then get them to… well, feed about 12 shuttles to the student and maybe make sure that they get 8 shuttles and hit them to a certain region of the court consistently, and if they don't meet that hit then try and get them to build on the basics again and then try and improve them.”