**‘How do you analyse performance?’**

Please find below transcript for the video ‘How do you analyse performance hat 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/tSpX8h5akzU)

**Transcript**

“So, depending on the student that I'm coaching if they're a competitive student, a competitive player, the I'd get them to… also they're playing games, so they play at a certain standard, play against a certain level of players, then see how well they do points-wise.

In games, in singles, they'll obviously reach a certain number of points if there's a particular opponent. Or maybe one week they'll have a very close match then another subsequent week they'll have the ability to beat an opponent. So that's one way of assessing how they do, and in training it would be generally trying to get them to hit certain targets.”