

What Is So Good About 3D Motion Capture Sessions

Run time 8 minutes

This instructional video covers:

- How the video camera can lie to us
- The problem with radars and pressure plates
- Looking behind the numbers
- How the camera lies example
- What 3D measures
- The role of the coach
- Your insurance policy against injury
- How injury can be prevented
- Measuring efficiency
- The learning benefits of biofeedback training

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