

test - repeat

Completed

Recorded: Thursday, March 12, 2026 | Duration: 01:42 | 30 FPS | 615 frames analyzed

? SESSION OVERVIEW

4

PLAYERS

Detected

25

TOTAL SHOTS

Classified

12

RALLIES

Detected

38%

ACTIVE PLAY

Of Session

? SHOT TYPE BREAKDOWN

Serves	<div style="width: 0%;"></div>	0 (0%)
Dinks	<div style="width: 0%;"></div>	0 (0%)
Drives	<div style="width: 80%;"></div>	20 (80%)
Returns	<div style="width: 0%;"></div>	0 (0%)
Volleys	<div style="width: 20%;"></div>	5 (20%)
Drops	<div style="width: 0%;"></div>	0 (0%)

Shot Events: 25 total | Avg Velocity: 0.143 | Burst Shots: 13

? COURT POSITIONING

PLAYER	COURT ZONE	LATERAL	FRAMES
P1	Left Court	21%	22
P2	Left Court	78%	37
P3	Right Court	36%	26
P4	Right Court	12%	22

Longest Rally: 40 frames | Avg Players/Frame: 0.17

? AI COACH INSIGHT

Moderate-intensity session (38% active play, 4 player(s)). Increasing rally tempo will build match conditioning. Shot profile: 80% drives — power-heavy game. Practise the third-shot drop (0 drops detected) to approach the kitchen more consistently. Kitchen control gap: 0 dinks vs 20 drives. More kitchen play forces opponents into defensive exchanges. Power game detected: 52% burst shots (wrist \approx 15-50 mph est.). Balance power with placement to reduce unforced errors. 12 rallies detected — longest 40 frames, averaging \sim 2.1 shots/rally. Long rallies indicate strong consistency — focus on speed-up opportunities to close out points. P2 shows wide lateral coverage (range 0.78) — good mobility. Ensure quick recovery to centre after wide shots. P4 has limited lateral movement (0.12 range) — try wider court coverage drills. Top moment: "Long Rally #5" at 48s. Keep logging your sessions to build a long-term performance profile.

? PLAYER POSTURE ANALYSIS

P1 Player 1 Needs Work

22 frames with pose data

Knee Position **Good** (153°)

Stance Width **Too Wide**

Back Alignment **Misaligned**

Weight Balance **Unbalanced**

Shots **7 total — Volleys: 3, Drives: 4**

- Stance too wide
- Lateral spine misalignment
- Weight shifted to one side

→ Narrow stance slightly for quicker lateral movement

→ Keep shoulders level — avoid leaning to one side

P2 Player 2 Review

37 frames with pose data

Knee Position **Good** (153°)

Stance Width **Good**

Back Alignment **Misaligned**

Weight Balance **Unbalanced**

Shots **12 total — Volleys: 1, Drives: 11**

- Lateral spine misalignment
- Weight shifted to one side

→ Keep shoulders level — avoid leaning to one side

→ Center your weight evenly over both feet

P3 Player 3 Review

25 frames with pose data

Knee Position **Good** (161°)

Stance Width **Good**

Back Alignment **Good**

Weight Balance **Unbalanced**

Shots **5 total — Drives: 4, Volleys: 1**

- Weight shifted to one side

→ Center your weight evenly over both feet

P4 Player 4 Review

22 frames with pose data

Knee Position **Too Straight** (176°)

Stance Width **Good**

Back Alignment **Good**

Weight Balance **Unbalanced**

Shots **1 total — Drives: 1**

- Knees too straight / locked
- Weight shifted to one side

→ Bend knees more — aim for 130–160° for an athletic ready position

→ Center your weight evenly over both feet

? **BIOMECHANICS SUMMARY (ALL PLAYERS)**

KNEE ANGLES	
Average	160.2°
Range	112° - 179.9°
Ready Position	59.8% of frames
Straight (poor)	34.4% of frames

ELBOW & STANCE	
Avg Elbow Angle	126.2°
Avg Stance Ratio	1.37
Range	0.12 - 3.62
Avg Arm Reach	16% height

? **SESSION HIGHLIGHTS**

#	EVENT	TIMESTAMP	DETAILS
1	Long Rally #5	00:48	Sustained 28 active frames
2	Long Rally #6	00:57	Sustained 40 active frames

3	Long Rally #11	01:23	Sustained 19 active frames
4	Long Rally #12	01:33	Sustained 20 active frames

? SCENE ANALYSIS

#	START	END	TYPE	DURATION	PLAYERS
1	00:01	00:03	Active Play	2.7s	2
2	00:04	00:07	Transition	3.3s	0
3	00:03	00:07	Active Play	3.7s	2
4	00:07	00:09	Transition	1.3s	0
5	00:09	00:13	Active Play	4.1s	2
6	00:13	00:18	Transition	4.8s	0
7	00:15	00:16	Active Play	1.3s	2
8	00:18	01:41	Transition	83s	0

Active segments: 4 | Active play time: 11.8s | Transition segments: 4 | Total segments: 8

? SHOT EVENT LOG (SHOWING 25 OF 25)

#	TIME	SHOT TYPE	PLAYER	~SPEED
1	00:00	Volleys	P1	~1 mph
2	00:01	Drives	P2	~2 mph
3	00:01	Drives	P2	~2 mph
4	00:02	Drives	P2	~1 mph
5	00:02	Drives	P1	~1 mph
6	00:03	Drives	P1	~1 mph
7	00:03	Drives	P1	~1 mph
8	00:03	Volleys	P2	~1 mph
9	00:04	Drives	P1	~1 mph
10	00:09	Drives	P1	~5 mph
11	00:09	Volleys	P4	~1 mph
12	00:10	Volleys	P4	~1 mph
13	00:10	Drives	P4	~1 mph
14	00:11	Drives	P4	~3 mph
15	00:12	Drives	P4	~2 mph
16	00:12	Volleys	P4	—
17	00:13	Drives	P3	~1 mph
18	00:13	Drives	P4	~1 mph
19	00:16	Drives	P1	~1 mph
20	00:35	Drives	P2	~5 mph
21	00:47	Drives	P1	~7 mph
22	00:57	Drives	P1	~4 mph
23	01:07	Drives	P1	~6 mph
24	01:16	Drives	P1	~6 mph
25	01:31	Drives	P1	~1 mph