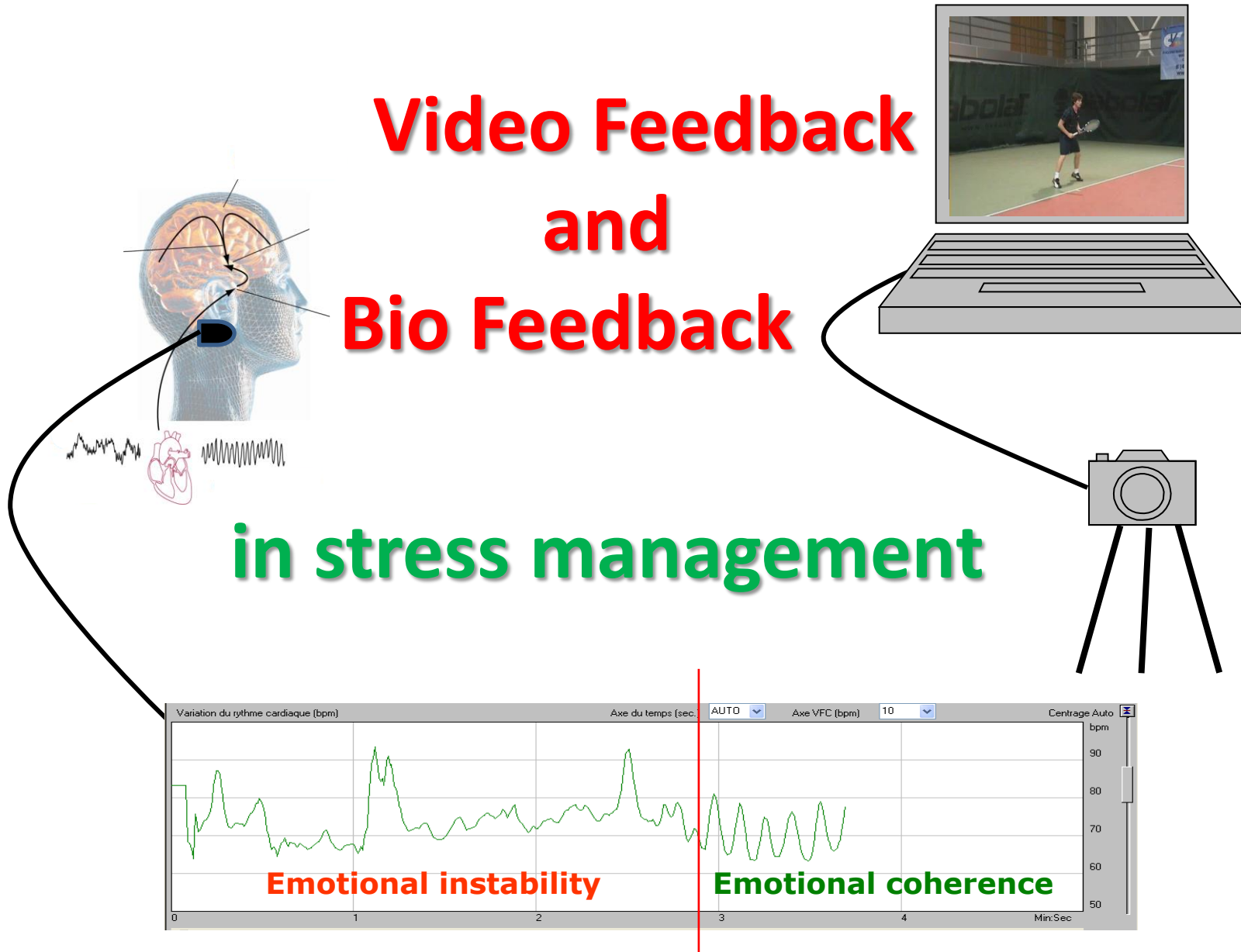
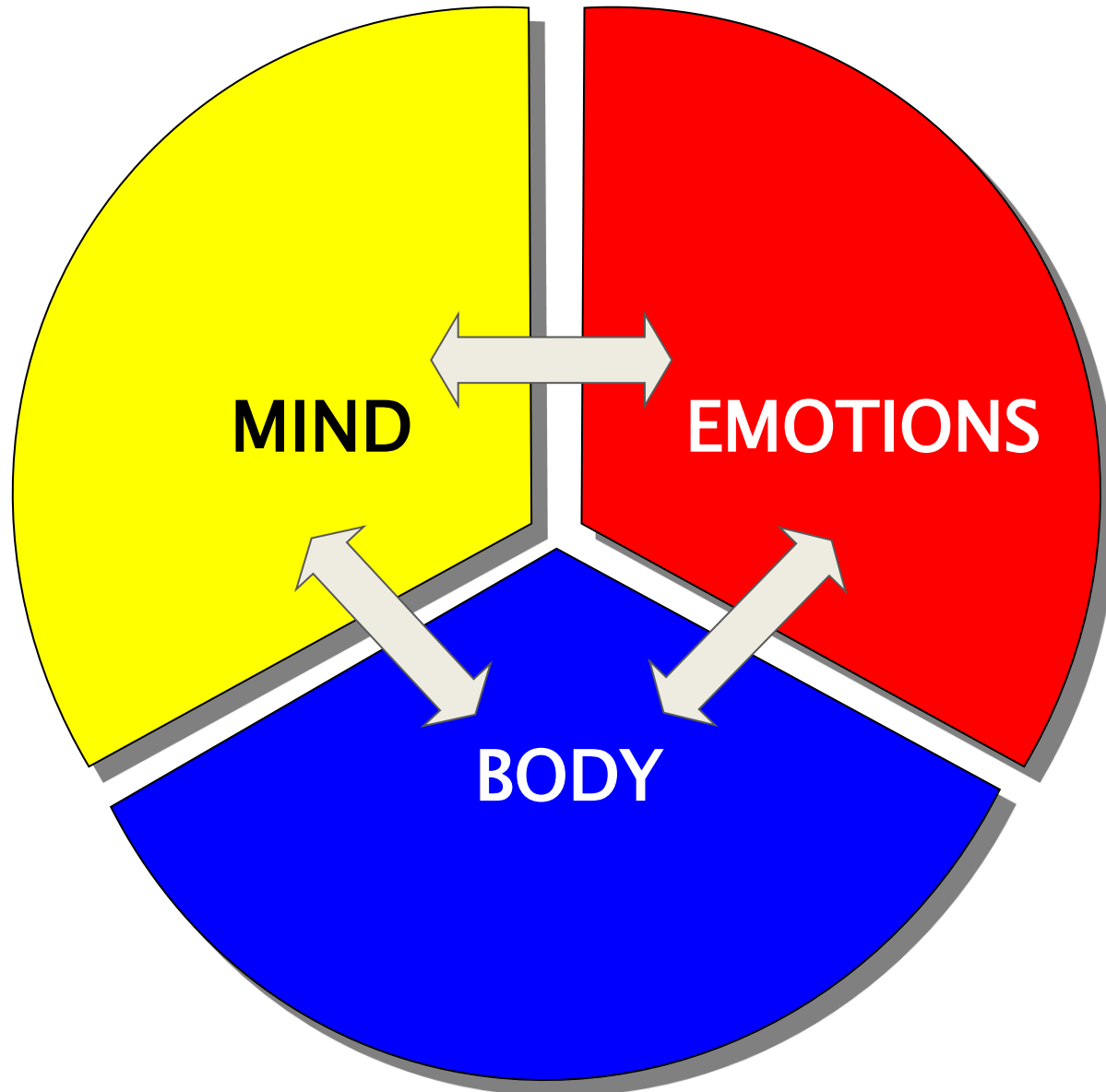


Video Feedback and Bio Feedback



Antoni GIROD

The 3 poles of human functioning





The 4 steps of learning process

1/ AWARENESS

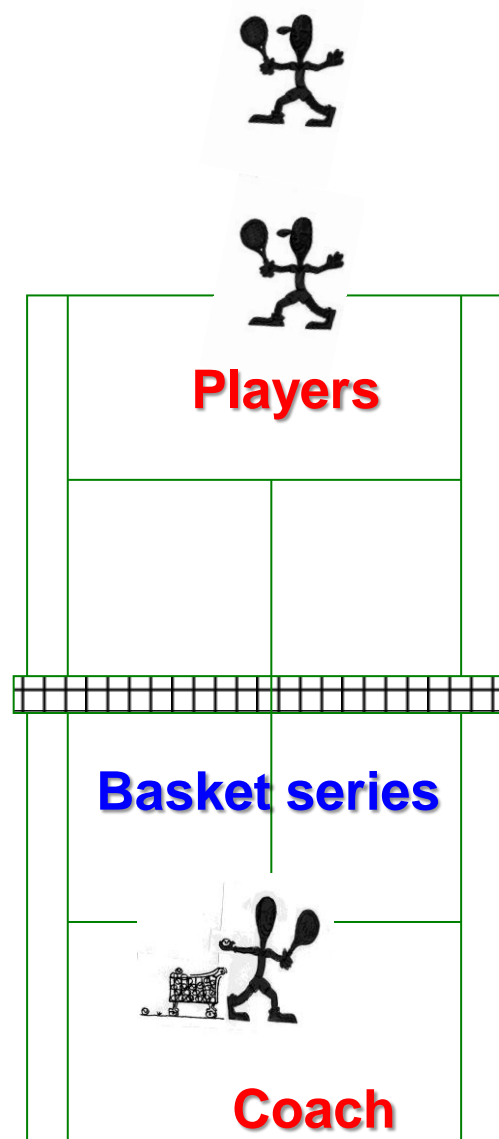
Video Feedback and Bio Feedback

2/ DESIRE TO LEARN

3/ REPETITION

4/ AUTOMATISM

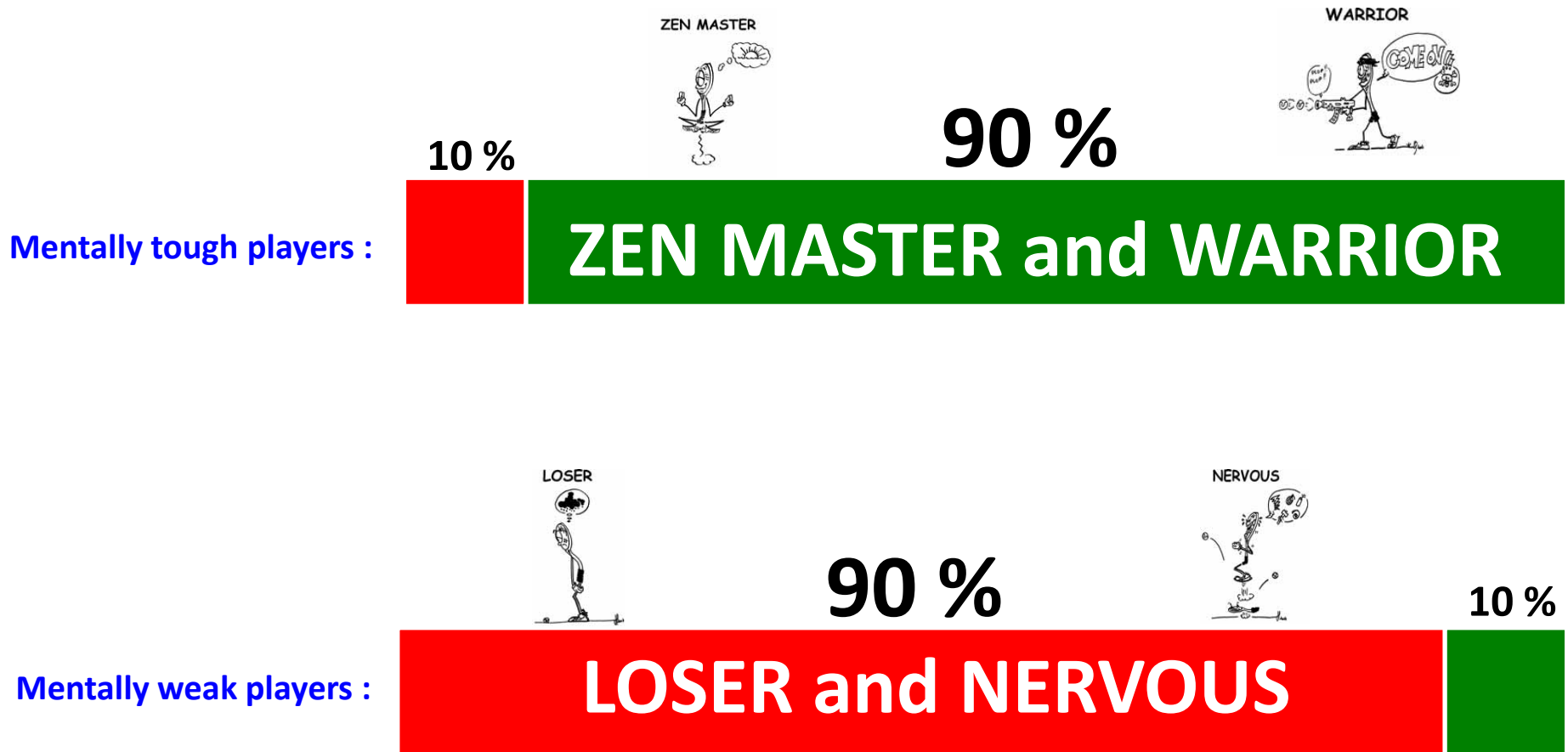
Video Feedback : filming the outside



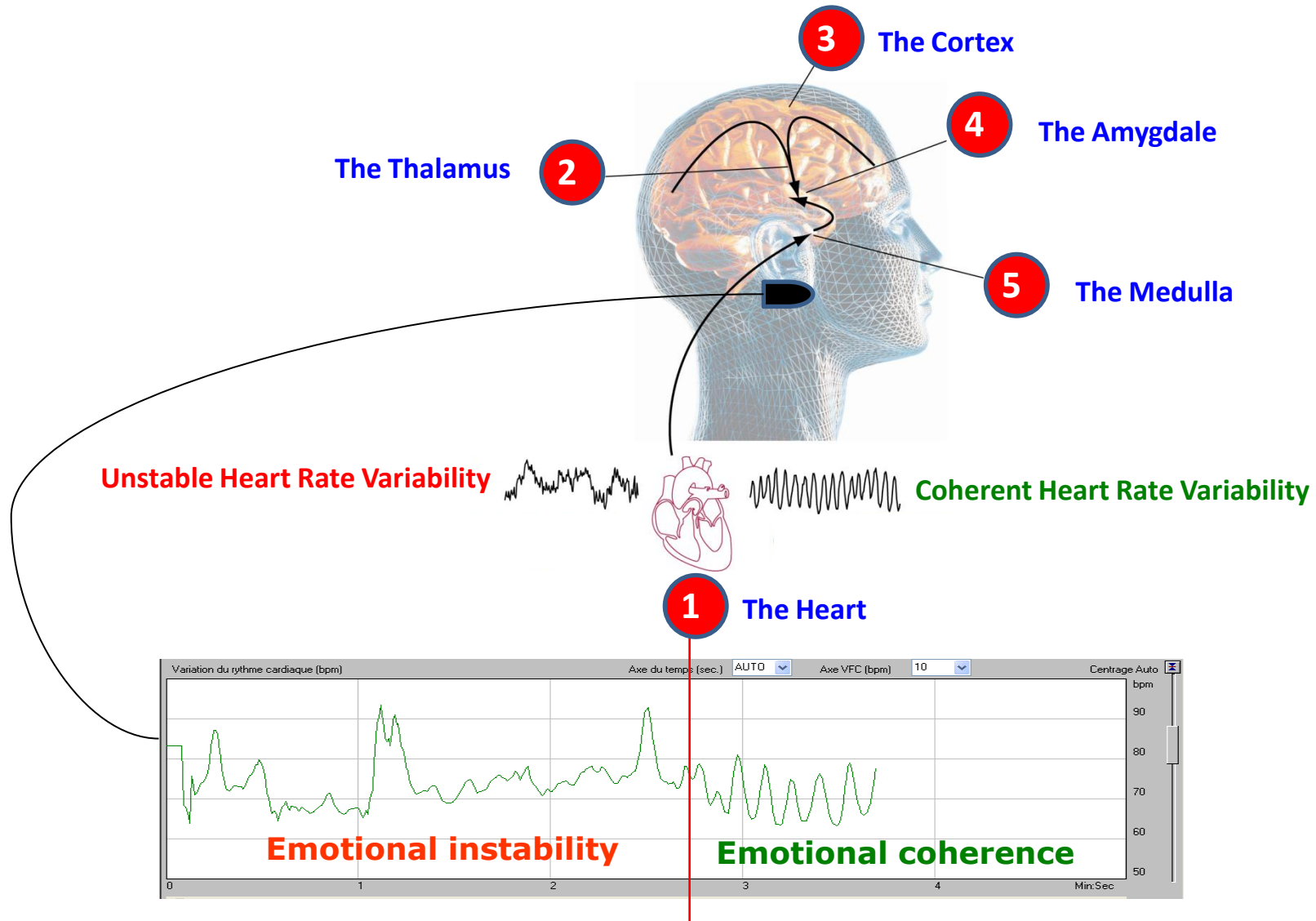
4 roles



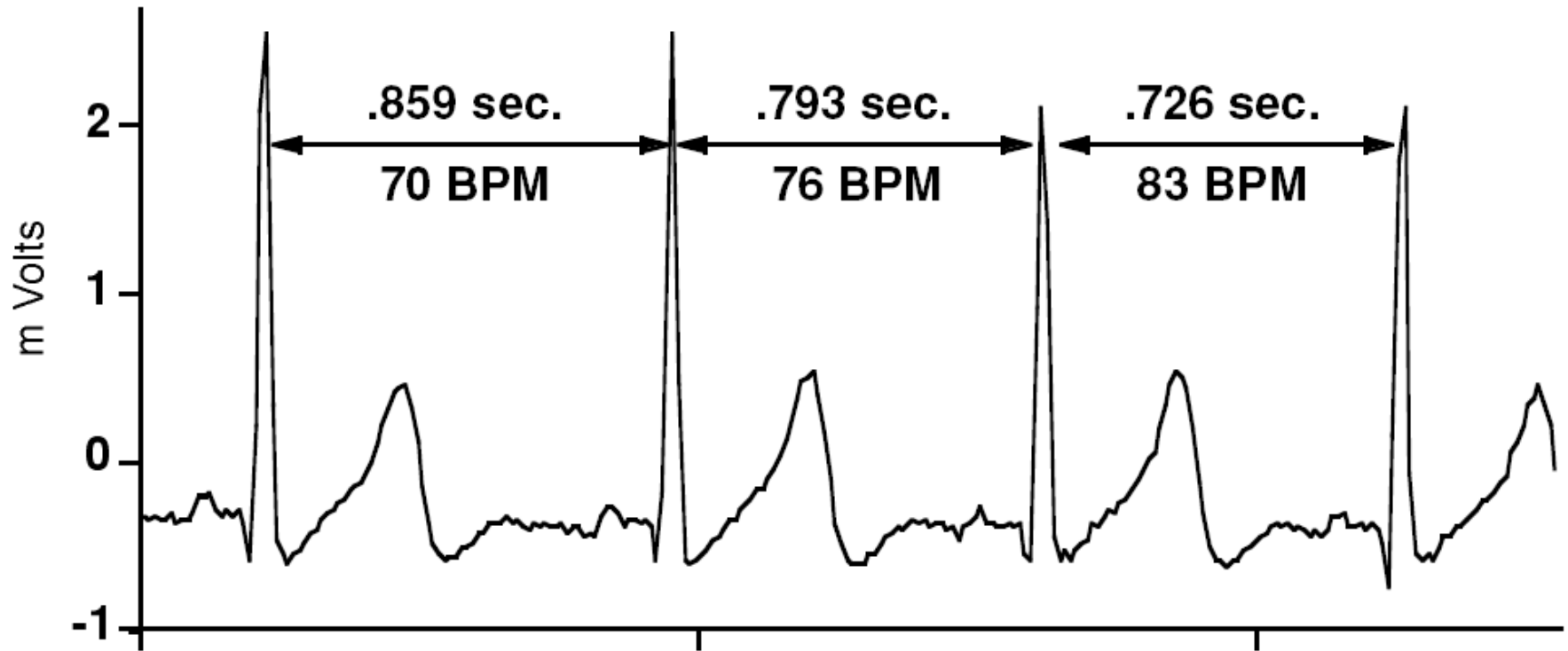
Body language profiles ratio



Bio Feedback : filming the inside



Heart Rate variability



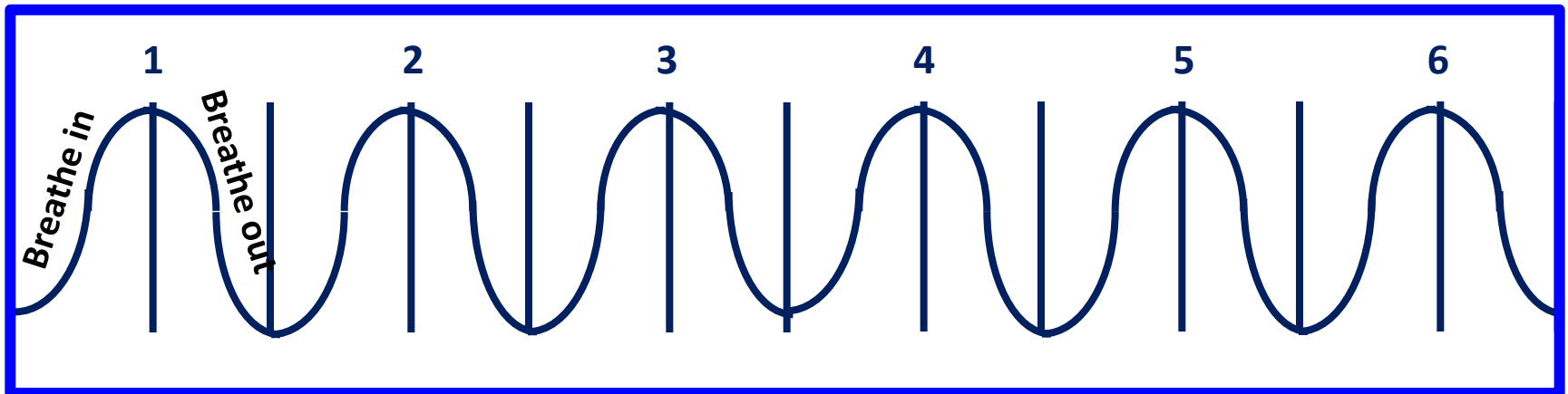
The « wave » breathing technique

The key technique for emotional coherence

Balanced breathing (*rythm 5s / 5s*)

Breathe in while counting to 5

then breathe out while counting to 5



The « wave » breathing technique

1/ Before the match

- breathe in saying : « I feel confident »
- breathe out saying : « I feel very calm »

2/ During warm up

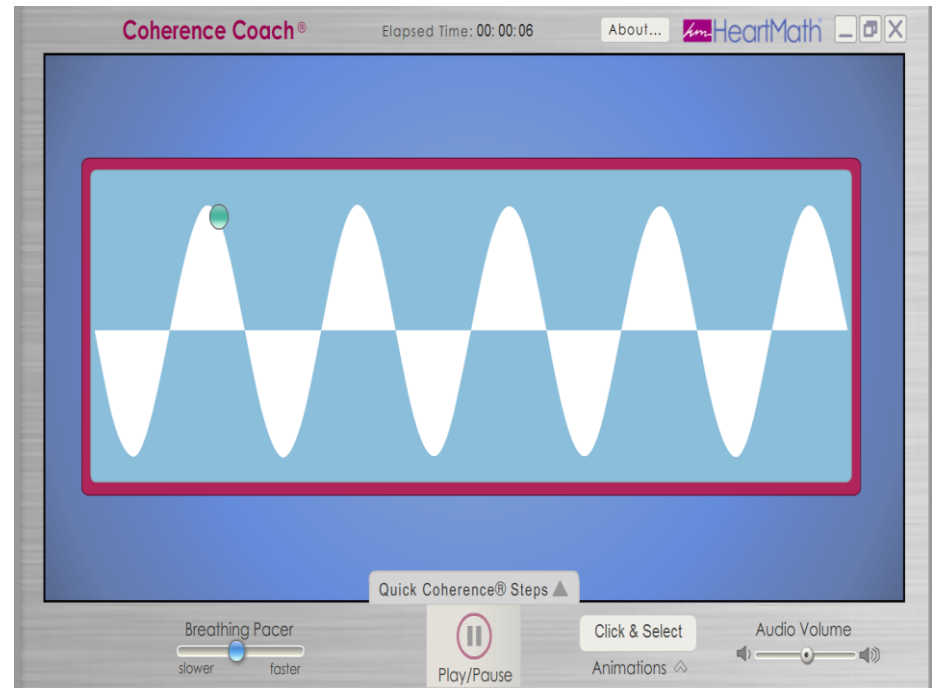
- breathe in when preparing
- breathe out when hitting

3/ Between points

- breathe in while doing 5 steps
- breathe out while doing 5 steps

4/ At change overs

- breathe in counting to 5
- breathe out counting to 5



***THANKS
FOR YOUR ATTENTION***

