1. Capture a video
2. Download yolov5
3. Extract frames from the video using frames.py ( in case you want to train it by yourself)
4. Go to robflow for frames annotations ( in case you want to train it by yourself)
5. Run yolov5 train.py with the file extension .pt ( in case you train for new weights the file .pt will be available in runs/train)
6. For detection run the script detect.py with - -source video.mp4 it will run in the command line and export a video with the detection to the folder runs/detect