Changing Windows Media Player from RTSP (Real Time Streaming Protocol) to HTTP to resolve video performance issues when viewing streaming video within certain corporate networks.

Open Windows Media Player (versions 9, 10, 11). Select the “Tools” option on the menu bar (the menu bar may be hidden and you will need to right click on the top of the player to see it).
Under “Tools”, select the “Options” menu, then the “Networks” tab.

On the “Networks” page you will find several check boxes (this page may vary slightly depending upon version of Media Player). Under the “Protocols” section, un-check the boxes labeled RTSP(TCP) and RTSP(UDP), leaving only the HTTP box checked.
Click “OK” to close the window and exit Windows Media Player. Launch the webcast URL and you should now have better quality video.
You can verify the change has taken affect by right clicking in the center of the video window while watching a video and selecting the “Statistics”

As a short cut, in the webcast player, as long as the video is playing you can access the “Options” window and the “Statistics” window by right clicking in the video window.