



C Training sessions are made up of a number of components, Overview, Warm-up, Skill instruction, skill practice, conditioning, ~~Event~~ warm down, evaluation and Safety.

Through the use of technology in the 21st coaches have a distinct advantage in being able to target problems and use specific machines and techniques to fix them.

Overview - this is where the coach informs the athletes on what they are going to do. Through technology such as the internet and new workout machines coaches are able to find new challenges and programs designed for what they need.

Warm-up - it is essential that the athletes undergo a warm up regime in which they perform a number of stretches to prepare their bodies for the exercise they are going to undertake.

Skill - instruction: this is where the coach explains to the athletes on how to perform the skill. If they are using new technology eg cricketers using a ball machine for the first time, then the coach has to explain how to use it and what it does.

Skill - practice: Once the coach has explained how to do it the athletes need to practice the skill eg the cricketer have been told the ball come of the machine at the speed they select and they now need to practice batting against the machine, hitting the balls.

Conditioning: this is the stage where the athletes have learned the skill and now need to perform it perfectly and autonomously.

Warm down: Athletes need to cool their muscles down so they don't cramp or stiffen up.

Evaluation: the use of technology has helped a lot in the coaches ability to assess and evaluate skills. Through video analysis coaches are able to pin point the exact thing that an athlete is doing wrong and therefore correct it.

Safety: throughout the training session safety precaution should be in place both for the safety of the players and the coach. New technology has led to better safety equipment and the ability to perform skills better and the minimisation of injuries eg Cricket pads and helmets, thinner blades in ice skating, better shin pads in soccer etc.

Through the use of technology in training sessions ^{and athletes} coaches can improve their skill levels.