



c) Technology has improved dramatically over the years and combined with the increase in professionalism in sport has become essential. The most important use of new technology is that of video analysis, and has become an important part of training sessions. Skills can be performed on a camera then analysed on a video. The skill can be viewed in slow motion to allow



both the coach and player feedback on how it is being performed, both positives and negatives can be drawn from it and feedback can be given to the player on how to improve his technique. Biomechanics can be viewed by professionals to view movement of the athlete and how they should be done. Strategies can be viewed by players so they can gather an understanding on they work and the position they should be playing. It allows players to view situations and events in games so when they are faced with the situation they know what to do. It can also allow the coaches the ability to study the oppositions and there tactics. Some new equipment such as tackling bags allow athletes to practice tackling using a safe method so they dont get hurt. In An increase in the technology of foot wear is another wear athletes are able to perform better. Aids in swimming such as harnesses around there body so they can practice there stroke without havin



for swim caps, Improved costumes for swimmers allow swimmers to use a streamline effect and swim without drag. Bowling machines used in cricket allow batsmen to face balls in nets at a consistent line and length to practice their strokes repetitively instead of where bowlers vary where they pitch the ball. Improved safety in cricket gear and the introduction of softer balls may still go the same improve safety. Timing devices are new technology such as touch pads in swimming that allow split times to be considered for the coaches analysis. New weight machines can be used to improve certain athletes muscle strength. Data gathering, allows coaches to gather data on athletes and compare it amongst athletes. As well as providing coaches info such as most positive form of training. It may be used to improve equipment or set strategies for example in sailing, tides and weather forecasts may be used to implement strategies, or change hull design etc.