



c) Technology has improved athletes performance and also made the role of the coach much easier. From timing devices to equipment, from videos to computer timing, it is beneficial to athletes performances. - New equipment has resulted in athletes been able to do things they previously could not. Innovations such as -

- graphite tennis racquets and golf clubs
- sharkskin swimsuits
- lycra body suits
- carbon fibre poles
- shoe designs

have resulted in improved skill performance when the athlete is performing the task. The use of new techniques such as "the flop" instead of the scissor kick in high jump have resulted in improved performance. Also, the surface on athletics tracks enables the athlete to run faster and more comfortably than before.

Video analysis is a major innovation that has resulted in improved skill development when training. It allows the coach to see several things that could not be seen when performed at normal speed. Video replay allows it to be slowed down and



pinpoint the areas where the technique and skill was not sufficient.

Video analysis enables -

- improved technique - replaying the shot in tennis allows the coach to see where technique was incorrect. (e.g. too big of a backswing and not enough rotation of the hips).
- Improved visualisation - replaying in slow motion allows the athlete to see the whole skill being performed and improve it for next time (e.g. tennis serve might appear jerky so the athlete can visualise the correct procedure next time) ~~increases and tightens the~~
- establish biomechanical efficiency - the coach is able to see the movement of the athlete and improve on weaknesses. (when moving forward their skill level drops because they are unbalanced, etc).
- analyse strategies - able to see game plans of an opponent and can form new strategies to improve performance. If one ~~key~~ strategy does not work, then apply another one, and therefore improve the skill development on the strategy you are implementing).

The use of checklists, results and records, statistics, all enhance the skill development of the athlete. The coach is able to use ~~these~~ this data and analyse how and where to improve performance of athlete. All of this measures can be put into place in a



training session to improve the skill level of the athlete. Video analysis can be used in the beginning stages of a training session or towards the end at the cool down ~~while~~ ^{while} the athlete is stretching. Training innovations are used throughout the entire practice period (e.g. equipment - shoes (racquets); and all of this technology, ~~increases~~ ^{increases} the skill level of the athlete enabling them to see things in slow motion so they correct their mistakes, and then able to practice with new equipment in training sessions.