

c) Use of Technology in training sessions to improve skill

- Video ~~getting~~ analysis

Coaches can use videos of athletes' past performances to analyse skill and technique. Coaches can look at the movement patterns of an athlete, and analyse the effectiveness of their technique. They can use such features as slow motion and pause to break the skill down into its component parts and identify weakness in performance. The coach can go through this with the athlete, and suggestions can be made to improve upon this weakness <sup>through training</sup>. It allows the athlete to see themselves externally and perhaps better understand how to correct that component.

Also, teams can watch videos and analyse them to see weaknesses in the opposition game plan. They can then train to attack this weakness, such as developing a new attacking/defensive



strategy.

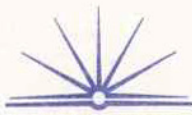
- Data gathering and analysis.

Data gathered either during games or training sessions can be used to improve performance. For example, a computer program analyses the data gathered at the last <sup>rugby league</sup> game, which indicates that the two prop forwards miss 20 tackles on average a game. This data can be used as both a motivational tool and a focus for the training session, defence, to improve performance by targeting weaknesses indicated by data gathering.

- Training innovations

- Biochemical monitors - endurance athletes would use these during some training sessions to determine the lactate threshold of the athlete, where it occurs, when, at what intensity, and so on. With this information, the athlete's future training sessions could be modified to help delay this, and thus delaying the onset of fatigue and improving performance.

- Isokinetic training - a very good technological advancement - enables strength to be developed throughout the whole range of movement of the joint, so there are no weak points as is with isotonic training. This enables the athlete to develop more comprehensive strength, and thus an improved performance.



- Respiratory monitors used to predict  $VO_2$  max. These can be used to predict the  $VO_2$  Max of an athlete. During a training session this could be determined and the athlete could develop an aerobic base, at the exact intensity because they know the correlation between  $VO_2$  max and heart rate.