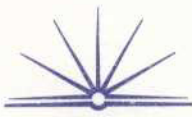


c) Technology is used in a number of ways in training sessions or an attempt to improve skills.

Coaches need to be able to rely on other things rather than just their own feedback.

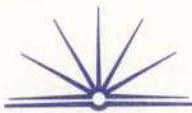
Some examples of technology used in training sessions to improve skill include:

Video taping which enable a coach to tape the athlete performing a specific skill, then



look over it with the athlete pointing out areas of weakness and areas that need improvement. This allows athletes to recognise where they are going wrong and are then able to go out and try to implement new ideas the coach has told them to practice. The coach can also use a video of an athlete performing the skill in the correct way so that the athlete can see how it is supposed to be done before attempting it themselves. Another technology used in training sessions to improve skill is the use ~~stop~~ timing devices to practice reaction time of starts with an athlete which is an important skill necessary to perform at an optimal standard. Also used to improve skill are newly developed sporting equipment for eg new shapes of hockey sticks and tennis rackets etc.

Another form of technology in a training session that can be used to improve skill includes computer simulated sporting activities where athletes can practice the skill on a computer screen.



first to see how it is done correctly and then move out to try the skill properly.

In tennis technology is used to get athletes used to fast returns coming in any direction by ~~rotating~~ rotating machines that spit balls out.

Heart monitoring belts are used in training by endurance athletes so they are aware of their heart rate when they are trying to learn the skill of working in a particular range of heart rate.