

# SKILLS IN THE SPOTLIGHT

Identify one type of clothing suitable for playing football in cold weather

Give an example of technology used for in football

Describe how video analysis can improve a football team's performance

Explain the importance of shin guards in football

Explain how wearable technology like heart rate monitors can help improve a footballers performance

Identify one type of technology used to monitor the performance of a football player during a match.

Football - Header



# SKILLS IN THE SPOTLIGHT

Tracksuit/skins

Action cameras/goal-line technology/VAR

Video analysis allows coaches to review match footage and identify areas for improvement

Heart rate monitors track player's heart rate, ensuring they are training within the correct intensity zones to improve endurance, prevent overtraining, and monitor recovery

Shin guards protect the lower legs from injury by absorbing impacts during tackles, preventing cuts, bruises, and fractures

GPS tracker



Football

