

Wider range of sports accessible/visible through technology e.g.glass walls in squash/stump-cam in cricket

On-screen information/interaction e.g.shots on target

Specific/detailed recording of performances can highlight what coaching sessions should focus on

Frustration can rise as players use technology for their own gain

New training techniques/equipment to improve performance

It is expensive and therefore favours wealthier individuals and teams, creating inequality in sport

Increased experience at home through use of more cameras/player cam

Video analysis can highlight technique – e.g. dartfish

Detailed analysis of success of nutrition/training programmes

Increase in excitement waiting for decisions (e.g. hawkeye)

(Sports science support) – technology for biomechanical analysis to identify strengths/weaknesses in performance

Data produced by technology can be misleading e.g. heat maps may show a football player barely entered the opponent's half, but this may be due to the strategy put in place

Biomechanical analysis may judge an individual as not suitable for a particular sport (e.g. poor running gait), damaging confidence and self-efficacy

Video analysis of matches can highlight strengths/weaknesses and or tactics/strategies
Players are more likely to listen to statistics rather than opinion / objective v subjective

Analysing data can be time-consuming, meaning that more time is spent away from the players and the training ground

Technology such as heat maps can quickly highlight tactical errors, putting coaches and analysts in the firing line

Less controversy over decisions may reduce the atmosphere of the event

Rule changes to incorporate technology can improve the viewing experience e.g. DRS in cricket

Technology may only be available for those performers who are backed by a sponsor

Can monitor the amount of court/pitch covered during a game to ascertain if position is played effectively

Real-time technical feedback can be given by coach to improve awareness and improve technique

Small GPS receivers can monitor distance covered, acceleration, speed to provide physiological data for analysis / training plans

Improved camera technology can make sport fairer e.g. Hawkeye

Technology can be used to look at the benefits of PEDs, resulting in more performers being inclined to take them

High quality facilities to improve training leading to increased fitness

(Sports medicine) – technology for rehabilitation after injury for example soft tissue therapy

False data can be produced if equipment is faulty or inaccurate

Increased experience at home through use of more cameras/player cam

Technological innovation leading to improvements in kit, eg climate control clothing

May become over-reliant on technology, therefore finding it hard to make decisions during matches/performances

Tactics can be monitored and evaluated, e.g. possession area of the court that results in the most goals being scored

On-screen information/interaction e.g.shots on target

Less controversy, decisions tend to be fair / fairer outcome

Traditionalist can be put off sport by the amount of data involved

Wider range of sports accessible/visible through technology e.g.glass walls in squash

All-weather surfaces – improved skill, truer bounce, multiple fixtures

It can prove to be boring / time consuming waiting on decisions, e.g. VAR in football