

PERFORMANCE SCIENCE TECHNOLOGY

How technology can impact the coaching process.

Performance science technology has become an integral component of successful high-performance programs all around the world, often with the premise to mitigate potential injury and illness risk.

Goals of performance science:

- (1) Provide coaches & athletes a means to better understand their individual responses & specific needs to optimise health and performance.
- (2) Positively impacting the coaching process by assisting decision-making related to athlete health and performance.



VALID & RELIABLE



EASY TO USE



OPEN COMMUNICATION



EDUCATION AND ENGAGEMENT



DATA ANALYSIS



REPORTING



BENCHMARKING



ANSWER SPECIFIC QUESTIONS



MEANINGFUL TO ENVIRONMENT



WORKFLOW



DATA VISUALISATION



ASSIST DECISION MAKING



"Technology isn't going to give you the answers, but it will lead you to the right questions to ask."

Bird, S.P. (Jan 23, 2021). How technology can impact the coaching process: The role of performance science in the HP framework. Basketball New Zealand 4th Annual National Coaches Conference, Hamilton New Zealand, Jan 20 – 23, 2021.



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