

The Extent to which Basketball Coaches have Embraced Technology in Zimbabwe

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Technology promises great potential to improve quality of coaching in sports. There are few studies that have been conducted on the extent to which coaches use technology in coaching basketball in Zimbabwe. This study sought to investigate the extent to which basketball coaches have embraced technology in their coaching of basketball. Data for the study were obtained from a sample of 10 basketball coaches purposively sampled from basketball coaches in Bulawayo. The selected coaches were interviewed online on their understanding of basketball sports coaching technology (BSCT), and the degree to which they have applied BSCT in their coaching. The responses obtained were analysed thematically using the interview questions as the clustering themes, and summarized around knowledge of basketball sports technology and utilization of that technology as the overarching themes. The results of the study indicate that most of the coaches interviewed appreciate the potential of using BSCT in coaching basketball, have limited knowledge of the BSCTs available for coaching basketball, desire to use BSCTs in their coaching but tend to be limited by their exorbitant cost and their limited knowledge of them. The study further found that coaches who have actually used BSCTs in their coaching have found them to be effective. We conclude that Zimbabwean basketball coaches have not fully embraced BSCTs in their coaching. We recommend that basketball coaches be exposed to more BSCTs on the market and that they be assisted to acquire these and be further educated on their use. Further studies on using technology can be conducted in others sports besides basketball.

1. What do you understand about technology in sport?
Most coaches showed an understanding of sports technology, they showed insight on how they apply it in their coaching.
Nine out of fifteen individuals showed a profound understanding of sports technology, hence 60% of the sample showed an understanding of sports technology and its application in coaching.
2. In your own opinion what are the advantages of using technology in sport?
The majority of coaches highlighted on the use of video recording for video replay and analysis. They also highlighted on accessibility of coaching especially in the COVID era, as they can now coach virtually.
3. What do you think are the disadvantages of using technology in sport?
The most common disadvantage among the individuals was that it requires a certain expertise in order to apply it properly and get effective results.
Another disadvantage was that they could not afford software analysis programs used in basketball.
4. What technologies can be used in sport?
The majority of the individuals mentioned video recording devices.
Only one out of the 15 candidates mentioned statistical analysis software programs.
5. Do you favor or like using technology in sports? Justify your response.
All the individuals replied with a yes, and they highlighted on the accessibility of coaching and the ability to watch previous performances on recording devices, the ability to rewind and replay videos.
6. Which technologies do you actually use in your coaching/managing?
The most common response amongst the candidates was video recording devices and heart rate monitors that they use in their coaching.
7. How effective are these technologies in your coaching/management?
The most common statement was "it is very effective and easy to operate".
8. What is your advice to coaches/managers who don't use technology?
All of the candidates encouraged the use of modern technology in coaching and management.
9. What are your recommendations for clubs so that coaches/managers can promote the use of technology in sport?
The candidates recommended the use of recording devices and the use of statistical analysis due to the development in sports technology globally.

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