



## EDUCATION NEWSLETTER

AUGUST 2020

Welcome to your Education newsletter. Bringing you all the latest news and updates.

### **Series of Articles on SPIKE (Sport Performance Innovation and Knowledge Excellence)**

This month's edition of SPIKE covers a range of interesting topics including: self-talk in sport, positive pedagogy for coaching team and individual sports, hazing and bullying in athletic culture, coaching in 2030: How artificial intelligence will change our professions, plus more.

[https://www.vision6.com.au/v/79883/1010656/email.html?  
k=94PuBilkmfeh2dCIFluq6M3dpUU52ViUCzcBpTWJCjg](https://www.vision6.com.au/v/79883/1010656/email.html?k=94PuBilkmfeh2dCIFluq6M3dpUU52ViUCzcBpTWJCjg)

### **Video assistant referees (VAR): The impact of technology**

## on decision making in association football referees

"The use of technology has been proposed to improve decision-making in sport officials. The implementation of the video Assistant Referee (VAR) in association football is one example of how technology can be used to assist decision making, although its impact remains unknown. In 2195 competitive football matches across 13 countries, the VAR conducted 9732 checks for potential match-changing incidents, with the median duration of a check being 22 seconds. The checks resulted in a total of 795 reviews, with a median duration of 62.0 s for on-field reviews ( $N = 534$ ) and 15.0 s for VAR-only reviews ( $N = 261$ ). We report that the predictive odds for making the correct decision after VAR intervention were significantly higher than for the initial referee's decision, with accuracy increasing from 92.1% to 98.3%. Findings have implications for the current debate about the introduction of technology in association football and may help set guidelines regarding the use of technology across other sports and professional domains."

To read the full article please follow the below link

<https://www.tandfonline.com/doi/full/10.1080/02640414.2020.1809163>

## Fundamental Movement Skills videos

"To understand the movement mechanics of fundamental movement skills (FMS), it is helpful to see them performed. The links below take you to excellent short videos at KIDDO that show children performing each skill at different stages of development.

As you watch these videos, remember that skill learning depends on the child's physical *readiness*. Children might be ready to begin learning some of the following fundamental movement skills as early as three or four years of age, but it may take many months or years to master each skill through ongoing practice. Skill development does not happen from one day to the next."

[https://activeforlife.com/resource/fundamental-movement-skills-videos/?utm\\_source=Newsletter+English&utm\\_campaign=b72a09e9b9-](https://activeforlife.com/resource/fundamental-movement-skills-videos/?utm_source=Newsletter+English&utm_campaign=b72a09e9b9-)

EMAIL\_CAMPAIGN\_2020\_08\_18&utm\_medium=email&utm\_term=0\_f5bcbf5d48-b72a09e9b9-353106945

## 6 Ways the body tells athletes if they are eating enough

"Most athletes judge the success of their diet as to whether it's healthy or not healthy, and if they are doing all the things they 'should' do"

<https://www.nswis.com.au/nutrition/6-ways-the-body-tells-athletes-if-theyre-eating-enough/>

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