

# How Bristol Bears Accelerate Performance With Forceteck SprintAI



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Forceteck really is a simple, easy-to-use product that makes my life as a coach much easier.

Jonathan Ward, Athletics Performance Coach, Bristol Bears

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## Challenges

- **Manual, time-intensive sprint analysis:** Creating and analysing home-made sprint videos took at least 30 minutes per player, making full-squad analysis unrealistic
- **Inconsistent and subjective feedback:** Different coaches produced different kinograms and interpretations, reducing reliability
- **Slow turnaround on insights:** Coaches had to wait hours or days to provide actionable feedback to athletes



## Benefits

- **Full squad analysis in 30 minutes:** Instant data saves coaches over 20 hours per week while enabling rapid, same-day coaching interventions
- **Deep biomechanical insights with consistent outputs:** Metrics such as ground contact time, step length, frequency, and centre-of-mass data support objective decision-making
- **Measurable player improvements:** Visual data accelerates player understanding, resulting in clear improvements in sprint performance

## The Challenge: Manual, Inconsistent Sprint Analysis

**Bristol Bears**, one of England's top professional rugby clubs, needed a **more efficient, objective way to assess athletes across the entire squad**, but their existing tools and workflows couldn't keep pace with the level of insight and turnaround time required.

### Manual sprint analysis:

- Required 30 minutes per player
- Resulted in inconsistent, subjective analysis between coaches
- Forced staff to pick and choose which players to analyse due to time constraints
- Added unnecessary time on the field setting up equipment
- Created hours of editing work, often eating into personal time
- Delayed meaningful interventions, reducing impact on training adaptation

Before Forceteck, sprint analysis was a laborious challenge. It was too time-consuming to analyse every player, we couldn't do the entire squad.

## The Solution: Forceteck's SprintAI Technology

Forceteck provided Bristol Bears with a fast, intuitive, and accurate way to assess sprint performance across the entire squad. What once was a manual and subjective interpretation was replaced by an **automated system that delivers full-squad data in under 30 minutes**.

We can now get our data back for the entire squad in a half hour, which means we can put actionable changes in place that same afternoon.

**Coaches can immediately access metrics** such as **ground contact time, step length, and step frequency** alongside more advanced kinematic and kinetic metrics and kinograms that offer players instant visual feedback.

Any metric you can imagine, Forceteck has it. We can take that data back to a player and track the changes over time.

The result? **A streamlined, objective, and data-driven workflow** that supports **faster decision-making, clearer communication with players, and measurable performance improvements**.

## About Forceteck

Forceteck equips sports professionals with lab-grade data and actionable insights that elevate performance enhancement, injury prevention, return-to-play decisions, and talent identification, all from the convenience of the training pitch or court. If you're interested in learning more, reach out to our team at [hello@forceteck.com](mailto:hello@forceteck.com), or check out our website.

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