

# How Bristol Bears Accelerate Performance With Forceteck SprintAI



“ 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



## Challenges

- Manual, time-intensive sprint analysis:** Creating and analyzing 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 center-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 analyze 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

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.



**Jonathan Ward, Athletics Performance Coach**

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.



**Jonathan Ward, Athletics Performance Coach**

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.

[Learn More](#)

## 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**.



**Jonathan Ward, Athletics Performance Coach**