



BHARATHIDASAN UNIVERSITY

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UNIT-5

Training Gadgets

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Training Gadgets

Here are some training gadgets used in various sports and fitness activities:

1. Wearable Gadgets
2. Strength Training Gadgets
3. Cardio Training Gadgets
4. Flexibility and Mobility Gadgets
5. Sports – Specific Gadgets
6. Other Gadgets

Basketball ball Feeder:

A basketball ball feeder is a device or machine designed to automatically feed basketballs to a player during practice, allowing for solo training and improved shooting accuracy.

Types of Feeders:

1. Manual Feeder
2. Automated Feeder
3. Smart Feeder

Benefits:

1. Improved shooting accuracy
2. Increased practice efficiency
3. Solo training capability
4. Enhanced muscle memory
5. Reduced labor

Basketball Mechanism:

The mechanism of a basketball can be broken down into various aspects, including its construction, material, and how it interacts with external forces.

1. Structure and Materials - Outer Cover, Carcass, Bladder
2. Bounce Mechanism - Air Pressure, Energy Transfer, Gravity and Air Resistance.
3. Grip and Control
4. Inflation and Pressure
5. Spin and Aerodynamics - Back spin, Magnus effect.

Cricket Bowling Machine:

A cricket bowling machine is a device used to simulate the delivery of a cricket ball, allowing batsmen to practice their skills.

Types of Machines:

1. **Manual Machines:** Hand – cranked, portable, and affordable.
2. **Automatic Machines:** Electric or battery – Powered, programmable, and high – speed.
3. **Computerized Machines:** Advanced, programmable, and data – analyzing.