



## Western Force Rugby Union

Western Force is the professional rugby union team from Perth, Western Australia, playing in the international Super 14 competition. The Super 14 is the largest rugby union football club championship in the Southern Hemisphere, consisting of provincial teams from Australia, New Zealand and South Africa. In only two short seasons, the Force has made a big impact in what is a fiercely competitive arena.

Scott Anderson, Performance Analyst with the Western Force provides the coaches and players with data on the team's performance and that of opposition teams. As Scott says, "there is a heavy reliance on video analysis in all aspects of the game. Players are able to see their performance from an entirely new perspective. With the information offered by Siliconcoach software, they are able to modify their performance and we have seen great improvements in their technique as a result."

The Western Force use Siliconcoach in many areas of their training including scrum technique analysis, lineout jumping and various lifting techniques in the gymnasium. Scott has personally used Siliconcoach for over seven years and is a strong advocate. "I would recommend (and have done numerous times) to others that Siliconcoach is an invaluable tool for detailed technical analysis of athletes, providing tools that other packages don't."

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Scott Anderson  
Performance Analyst



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Software used: Pro