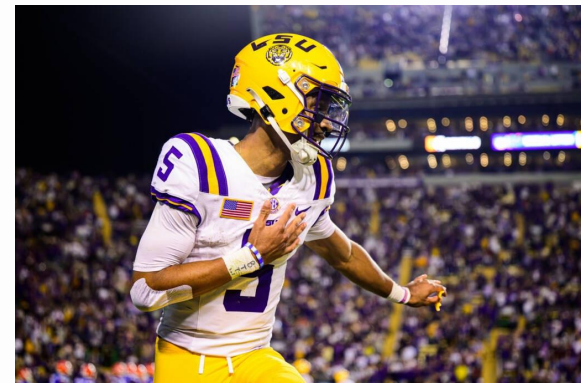


How Virtual Reality is Transforming Training In Sports



How is VR Training Being Used in Sports

- Realistic Simulations for Player
- Hone in Decision Making for Coaches
- Reduces Physical Stress



How Athletes and Teams are using VR



- Soccer for accuracy and tactics
- Baseball for pitching simulations
- Skiing to prepare for races
- Basketball to see plays



Pros of VR in Sports

- Reduce Physical Stress
- Hone in skills
- Immersive experience
- Decision Making



Cons of VR in Sports

- Less Physical Activity
- High Costs
- Need traditional practices



Works Cited

Dil, C. (2024, October 18). *Jayden Daniels' secret weapon: Training every day with a VR headset*. Axios.

<https://www.axios.com/local/washington-dc/2024/10/18/jayden-daniels-commanders-vr-headset-simulation>

Brownlee, T. (2025, March 17). *Virtual reality for sports training: Can VR help athletes?* Science for Sport.

<https://www.scienceforsport.com/virtual-reality-for-sports-training/>

Virtual Reality Experience. (n.d.). *VR in sport: How virtual reality is changing the game*. Virtual Reality Experience.

<https://www.virtualrealityexp.co.uk/vr-in-sport/>

Richlan, F., & Braid, J. (2024). *Virtual reality training in Olympic sports: Promises and pitfalls*. In-Mind.

<https://www.in-mind.org/article/virtual-reality-training-in-olympic-sports-promises-and-pitfalls>

Thank You