



**LARBI BEN M'HIDI  
UNIVERSITY**



# **Introduction to the field of science and techniques of physical and sports activities**

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# Sports Training



## DEFINITIONS OF SPORTS TRAINING

- ✓ Sports training is the basic forms of preparation of sportsmen

Matveyev



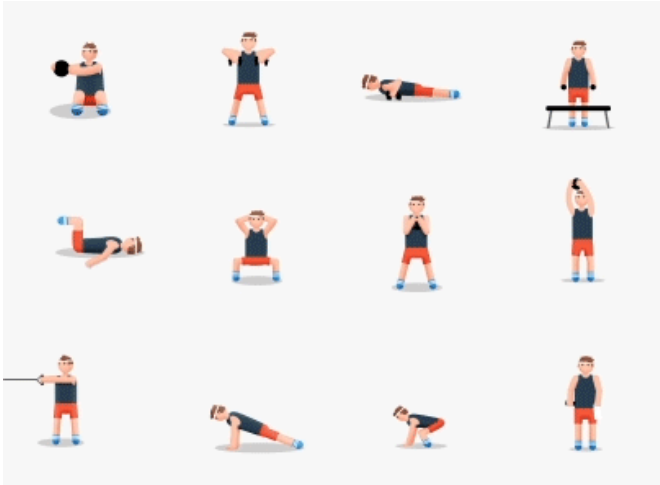
- ✓ Sports training, based on scientific knowledge, is a pedagogical process of sports perfection through which systematic effect on psycho-physical performance ability and performance readiness aims at leading the sportsman to high and the highest performance

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# Aims of sport training



# Improvement of physical fitness



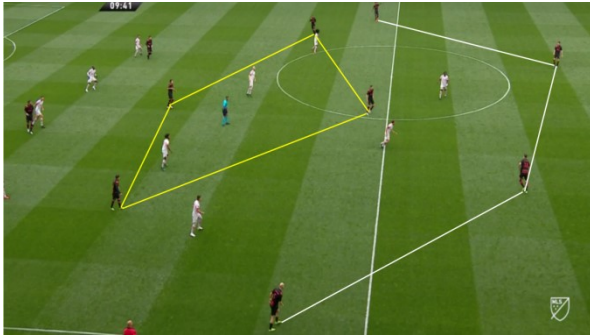
The performance in sports generally depends upon the physical fitness of a sportsman, hence the improvement of various components of physical fitness or motor abilities is the prime aim of sports Training. Every sports activity needs specific types of physical fitness but in this view the development of physical fitness should not be ignore because specific fitness is depends on the general fitness

# Acquisition of motor skills



Every sports activity needs certain movement procedure to tackle a particular task which refers to the technique when this technique is learn and perfect it is called as skill. When,ever sportsmen indulge in technical training aim of which is to acquire skills of particular sports. Technique training is differ from sports to sports if we take the example of Gymnastic & Diving which requires greater amount of technical training where as track events needs very less amount of technique to be learnt

# Improvement of tactical efficiency



Tactical training in sports competition helps the sportsmen in such a way where he/she makes the best use of his abilities, skills and all external factors which are beneficial to attain high level of performance and hinder the opponent to do so. Tactical training includes knowledge of rules, tactical abilities and technical training, therefore improvement of tactical efficiency is considered to be the important aim of sports training

# Education and improvement of mental capabilities

Performance in any sport/event up to some extent depend on the personality of a sportsmen, therefore education and improvement of mental capabilities is also considered as one of the aim of sports training. Education in sports includes:

- Development of positive attitude towards competition.
- Dedication and devotion towards particular sports/event.
- Sincerity and honesty.
- Self confidence and optimum level of aspiration and Formation of good habits.

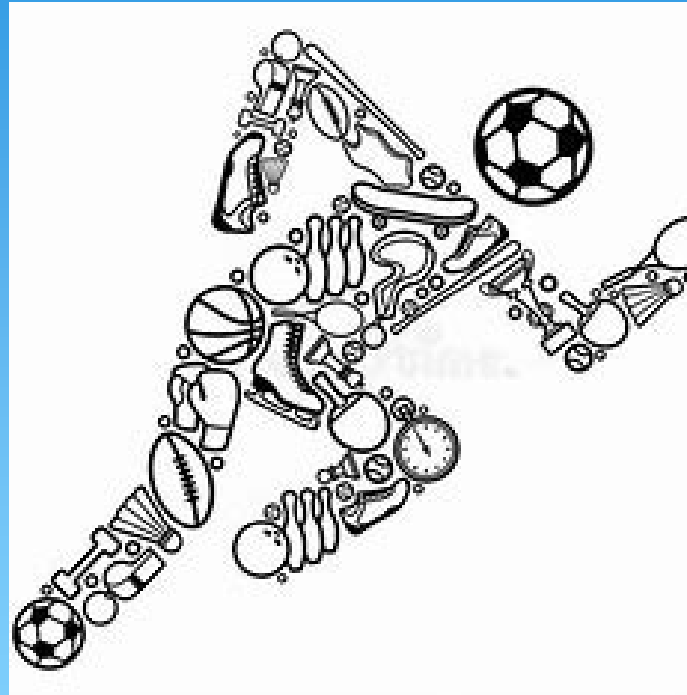


Keeping all these things in mind it is the moral duty of every physical education teacher, instructor and coach to educate the sportsmen through sports training.





# Functions of sports training



# Development of Sports Personality

Personality of sportsman is observed in the form of habit, behavior and attitude towards the requirement of training of competitive sports/events. It is quite clear that the personality is influenced in the process of tackling the task involved. Hence the personality of the sportsman can be developed through systematic & logical guidance during regular participation in sports activity. To ensure the improvement and achieve high level of performance it is worthwhile to develop the physical, mental, and social aspect of a sportsman. The sportsmen are required to develop the specific personality characteristics. The specific personality characteristics which are more suitable to attain high level of sports performance in particular sports.

# Performance Efficiency

The rate at which performance efficiency is developed during sports training is largely dependent upon the amount of training and competition. It has the decisive bearing on the improvement of performance efficiency and performance ability. The performance efficiency is also dependent on the amount of training load given during sports training. But the quality of the way of training is organised will also be crucial for changing high load into higher performance capacity.

# Physical Training

Physical training of sportsman is refers to the speed, strength, endurance, flexibility and coordinative ability. These qualities are performance prerequisites of any sports. Requirement of these qualities vary from sports to sports because some sports require single ability whereas other requires combination of two. To improve these abilities sportsman should regular participate in general, specific and competitive sports activity demanded for a particular sports

# Technical training

Technical training enables the sportsman to make the optimum and best use of the physical abilities during the sports competition. The technical training helps to achieve the skill of particular sport which is directly related to the sports performance because higher the level of technical skill higher will be the performance. In order to acquire mastery over the skill one should regular participate in technical training because it ensures the perfection of skill which helps to attain high performance in sports competition. Technical mastery over the skill also ensures the proper application of motor abilities which reduce the efforts energy consumption during the competition

# Tactical training

The use of correct tactics enables the sportsman to make the best possible use of physical and psychological capacity of sportsman. The tactical training helps in understanding the strength and weakness of the opponent's and also develop the ability to overcome these types of situations during competition. Gradually increasing of tactical efficiency helps the athlete to win the top level events in national and international competition. Keeping all these facts in mind all sort of skills and abilities should acquire during training which are normally put into practice to win any sports/events. Hence tactical training must be considered as the important part of sports training

# Mental Training/Intellectual Training

Intellectual training refers to the higher demand put on the mental faculty of a sportsman. When sportsmen engage in training of competitive sports he should encouraged understanding the latest technical and tactical aspects of a game and how to develop these by modern means and methods of training. It is also desirous Complete Guide to Sports Training 6 to develop good habits, positive attitude and tactical ideas with good imagination which helps to develop the new technique and help in planning and analyzing the daily schedule. By doing so sportsman systematically develops the mental faculty which continuously, helps to improve the theoretical knowledge of sports training. Thus mental training is considered to be the important part of sports training





## **Sports training aim is to achieve high performance in a competition**

The important feature of sports training is to achieve the highest possible performance in any of the sports competition and to maintain it for a longer period of time. The great talent of a sportsman can not longer afford to train to achieve high level of performance in various sports competition. Sports' training is not a simple play or recreational activity but it is a serious activity which helps to attain high performance in a competition

## Sports training concerned with individual matter

Performance in any sports is the sum of various factor which are differ from individual to individual. If we take up the example of sprint event where as at high level of International competition, there is slight difference in cm / fraction of seconds which decides performance record, victory or defeat. For that vary reason it is necessary to identify the individual potentialities during the training because one might having the good reaction time whereas other may have good acceleration ability and loco motor speed and so on. Therefore it is an urge / need to emphasize on the individual matter during the training.

## **Sports Training is Planned and Systematic:**

It has been observed that sports training is planned in the form of training plan / training cycle according to the time and duration of the competition and as per the requirement of particular sports / event. The sports training is organised on the basis of logical facts which are practically designed to improve in performance systematically

## Sports Training as a Scientific Process

Nowadays this is the era of science and technology because performance of human being are advancing due to the science and modern technology. The performance in sports is highly influenced by the scientific method of equipment's, facilities and modern theories of sports training. So as to attain high level of performance in sports competition it is necessary to incorporate the science in the process of sports training

## In Sports Training Coach has Dominating Role

Sports training is planned, organised and evaluated by the coach/trainer / PET who controls each and every things of a sportsman. The coach is not only responsible for the coaching of the sports person but his dominant role should be understood in a broad sense. In addition to his direct role with the young sports person in sports training he should also have the close association with scientist and other person who helps in uplifting the performance of sportsman. The coach should stimulate and encouraged not only to train well the sportsperson but also to learn them all kinds of education. The dominant role of the coach should not be considered as treatment of the sportsman as children because the highest performance in a competition is depend upon the good imagination and successful participation in an event.

# Optimum development of Physical and Psychological level of Sportsman

To achieve the optimum Physical and psychological development of a sportsman maximum training load should be given but increase in the load should be in a way so that the sportsman adapt as per the requirements of a game/ sports. Adaptations of load by a sportsman always improve the performance most effectively. Hence the sports Training become an important part of the life of a sportsman.

## Sports training controls daily schedule of a sportsman

Sports training is not a fun and enjoyment which can be treated as recreational activity .To continue with a regular training with its best effect the sports training become a tough task because the sports man has to adjust his other activities as per the daily schedule of a training so that training can run smoothly once/ twice a day. When we look into its vital feature of sports training we always realize that sportsman must possess high degree of discipline, sincerity and honesty as these 9 are the qualities of a champion sportsman's.

## Sports Training is a process of Perfection

It is well known fact that sports training is planned, systematic and scientific process of preparation of sportsman for higher performance. To achieve the aims of Sports training various means and methods are applied. These means and methods are flexible in nature which can be modified improved and new methods are developed with the help of various sports sciences. The process of observation, conducting experiment, analyzing data and discovering new thought is an important characteristic of sports training in modern time. Hence the sports' training is a continuous process of perfection and improvement of sports performance..



# Sports Training is a Process of Development of Hidden Talent

Sports training is a goal oriented process by preparing a sportsman for the higher performance as the need and requirement of the competition. The regulation of training helps the coaches to assess the performance of the player at any moment. For effective regulation of training few points should be kept in mind: i- Training plan should include aim, sub aim, load, means and methods. ii- Training documents should be maintained. iii- Information regarding level of competition and rate of improvement