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

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SPORTS TRAINING & PLANNING





In order for a training session to be coherent in its entirety and not just an assembly of sessions, it is necessary to control the process from the beginning of the project to the beginning of the competition. This control is the planning of the preparation, making it possible to plan the actions intended to reduce the risk of failure and increase the probability that the established objectives will be achieved. It takes into account all parameters related to a designated competitive objective.



From the outset, the coach should ask himself four essential questions:

WHO? - Which athlete am I preparing;

WHAT? - Which objective in which discipline is being pursued;

WHEN? - Target preparation and deadline start dates;


HOW? - The means at my disposal.

Planning is an important method to ensure continuous development of personality and sports performance which enable the sportsman to achieve best performance in the training age of high performance.




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1. Planning should be based on the progressed sports performance:- Basically training is planned in such a way so that best performance can be achieved in future. In other words all kinds of training plan directly or indirectly based on the structure of future performance.




2. Planning should be aimed at personality & performance development: - Training is an educational process as it aims at personality and performance development of the sportsman. So it is essential to plan Complete Guide to Sports Training 26 because without the required attitude, interest, mental capabilities, personality traits, proper habits etc. sportsman cannot be trained effectively for a long period..




3. Planning should be based on the scientific knowledge & experience:


- Training is highly scientific procedure as it is a competition oriented process. The scientific method helps the sportsman in much quicker and effective improvement. For the qualitative and quantitative improvement coach should know the means and methods which are used by the successful sportsman and latest knowledge about the following:
 - i- Training methodology
 - ii- Growth and development
 - iii- Principles and laws of systematic development




4. Planning must ensure harmony among various training plans :- In specific training various types of plans are needed for e.g. Short term & long term plan, individual & group plan. The aim of this plan is in harmony with each other. The short term & long term plan must fit into the long term plan. Individual & groups plans must supplement each other to ensure proper development of an individual & a group



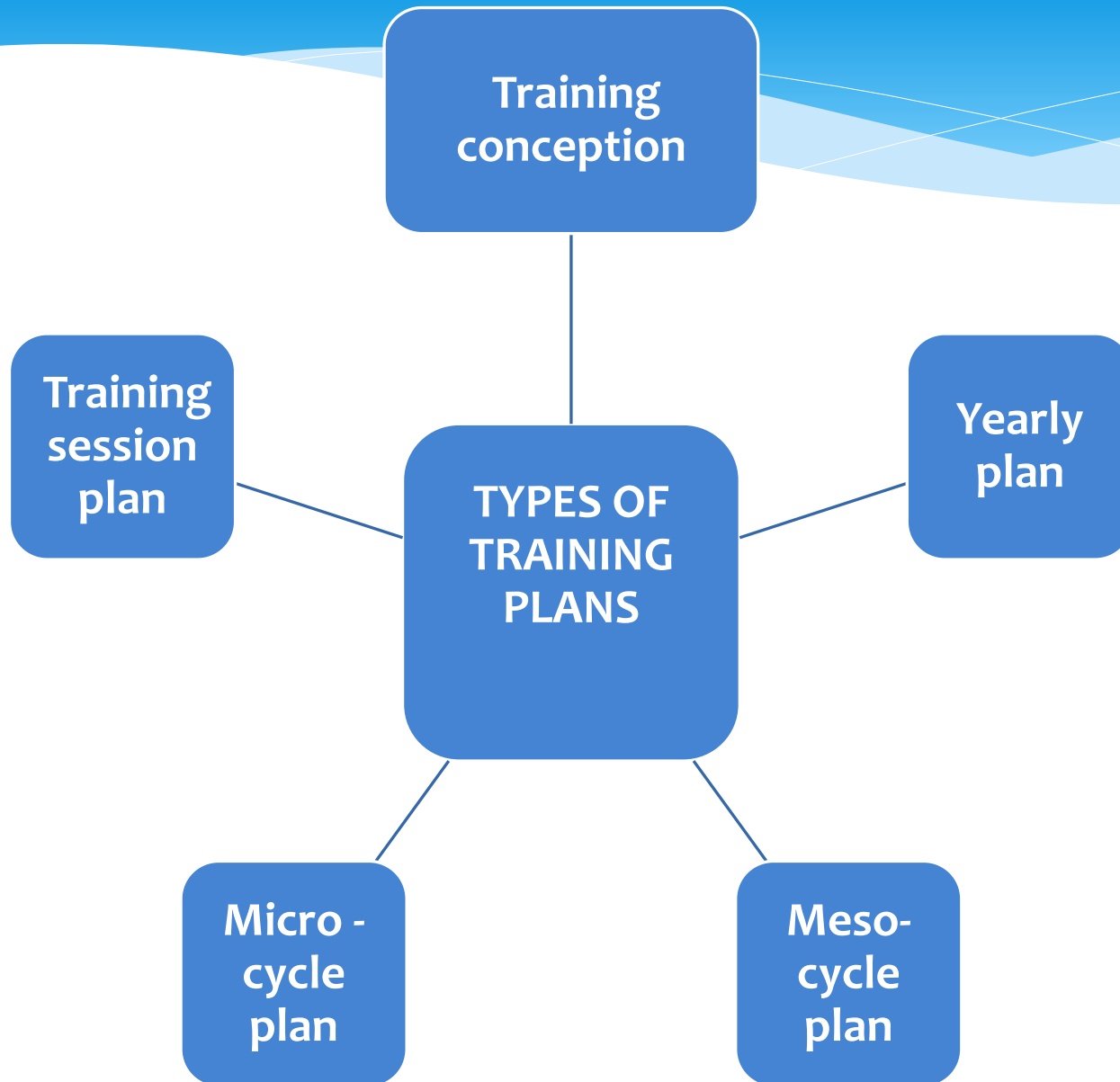
5. Planning is a continuous process: -
Planning is not static it is dynamic process.
It can be modified according to the effects
& changes in the personality &
performance caused by training & other
factor. Time to time the planning process
may be evaluated



6. Planning should be based on factors determining performance: - The aim & content of planning must be determined after a careful observation. Plan must include all the factor i.e. time, status, diet, family routine etc. During plan all important factors which have a direct or indirect effect should be carefully considered.



7. Planning must be pragmatic & concrete: - It should be based on verifying fact, scientific knowledge & should not take the form of wild imagination. Whatever is planned must be based on the load tolerance ability otherwise it leads to accumulation of fatigue and overloads.



Training Conception: As it is clear by the name it self in real sense it is not a plan but a concept for planning and carrying out of training process for a longperiod. It involves principles and fundamental rules for the formulation of training.

Training plan normally prepared by concerned federation ,It is prepared for different level and class of sportsmen.It is prepared on the basis of analysis It is also prepared on the basis of international trend. It form the basis of all kinds of training plans which can be further classified into three:

- Training conception for complete duration.
- Training conception for different stages.
- Training conception for a training cycle longer than

Yearly Plan: These plans are made for the effective formulation and proper implementation of training for the period of one year. The yearly plan is a kind of document in which training details are laid down clearly and precisely.

The yearly training document generally contains the following:

- Ø Time available for training.
- Ø Level of sportsmen.
- Ø Analysis of present state of sportsmen.
- Ø Goal and Sub goal.
- Ø Performance factor to be achieved.
- Ø Information about the training contents.
- Ø Sequence of training.
- Ø Arrangement of Meso cycles.
- Ø Date of competition.
- Ø Other relevant information.

Meso-cycle plan: These plans are perhaps the important plan because in these plans are formulated for the sufficient duration i.e. 3-6 week duration, hence it helps to check the adaptation process caused by training. Meso plan is the important tool for the control and regulation of sports training. Each Meso cycle has its set aims and objectives which are to be achieved by proper formulation and arrangement of micro cycles. These plans are more specific and detailed in comparison to yearly plan. Meso plan is also called as operative plan. After each Meso cycle some sort of test or competition are to be conducted so as to check whether the desire objectives have been achieved or not. If the aims and objectives are not achieved then the training plan for subsequent Meso cycle has to be changed or readjusted.

Micro - cycle plan: Micro cycle is the short term plan which form the basis for Meso cycle. Due to short duration of micro cycle desired objectives can be achieved by systematic arranging the load of a sportsman in number of micro cycles and as a result of which adaptation can be achieved in Meso cycle. In micro cycle plan number of training session are planed with contents in detail. On the basis of this training is carried out in each training session. The planning of micro cycle depends upon several factors such as training state, Meso cycle, nature of sports etc. In planning for micro cycle normally following rules are followed:

1. The degree of load should vary within the microcycle.
2. The aim and contents of load should vary within the micro cycle but it should ensure optimum load for the development of one or two factors.
3. The aim contents and load in a micro cycle must correspond to the aims and contents of Meso cycle in which it falls.
4. In micro cycle having very high load should provide one or two training sessions for active recovery.
5. In competition period the micro cycle are generally formulated in such a manner that there is no carry over of fatigue from one micro cycle to the next micro cycle.
6. The micro cycle immediately before start of important competition should be formulated in such a manner that the sportsman is able to participate in the competition in a state of super compensation.

Training session plan: Training session plan is the basic unit of training process. The actual process of training is realized in a training session. Keeping in mind the importance of training session it will be discussed separately. Complete Guide to Sports Training Training plan is also divided into individual and group plan: * Individual Plan:- Individual plans are more common in individual sports. These plans are necessary to ensure optimum development of sportsman as in individual plan the individual factors form the basis of planning. * Group Plan:- The group plans are most often used in team games. In the initial stage of training group training plans are generally used to ensure uniform type of training facilitating training of large number of sportsman