

# System of Sports Training cont...

<b>Profession</b>	<b>Organization and Competitive Units</b>	<b>Objectives</b>
<b>Recreation</b>	<b>Members Who may or may not be Members of Sports Organizations and do not necessarily Strive for High Performance</b>	<b>Develop Skill and Biomotor Abilities. Encourage them to take part in Fun Activities.</b>
<b>Basic Performance Athletes</b>	<b>Individuals and Team of Children and Juniors belonging to Clubs and Schools that Organize Training and Competitions</b>	<b>Train in Conjunction with Needs of Higher Performance Athletes. Stimulate them to Aim at High Performance Athletes.</b>
<b>Good Performance Athletes</b>	<b>Athletes take part in the Highest Level of Domestic Participation</b>	<b>Maintain at High Degrees the Level of Performance and Promote Individuals with High Possibilities in the Athletic Profession</b>
<b>High Performance Athletes</b>	<b>National Teams</b>	<b>Obtain high Performance and Records</b>



# **System of Sports Training**

- **Basic Performance Training**
- **Good Performance Training**
- **High Performance Training**

# Principles of Sports Training

- The principles of training are the rules to follow when using physical activity programmes.

Basic Principles	General Principles
Specificity	Formulation of Training
Overload	Continuity of Training
Progression	Progression of Load
Reversibility	Uniformity and Differentiations
	Progressive Specialization
Intensity	Planned and Systematic Training
Density	Cyclicity of Training
Extent	Regulation of Training



# **Objectives of Sports Training**

- **Improvement of sports personality and physical fitness**
- **Performance efficiency and acquisition of sports skills (technical)**
- **Improvement of Physical and tactical efficiency and training**
- **Improvement of mental abilities/intellectual training**

# **Aims of Sports Training** cont...

- **The main aim of sports training is to prepare a sportsman for a highest possible performance in a main competition in a particular sports / event.**
  - **Besides this following should be considered as the aims of sports training :-**
    - i. Improvement of physical fitness.**
    - ii. Acquisition of motor skills.**
    - iii. Improvement of technical & tactical efficiency.**
  - IV. Education and improvement of mental capabilities**
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# Meaning & Definition of Sports Training

- **Sports training is the basic form of preparation of sports men for higher performance.**
- **Sports training is an organised and systematic instructional process of preparation of sports persons based on scientific principles which aims at improving and maintaining higher performance capacity in different sports activities.**
- **It is a particular type of training designed to improve fitness and abilities to perform in a given sport.**

- **It consists of four parts:**

**Conditioning training (strength training, endurance training, flexibility training)**

**Training of technique (technical preparation)**

**Training of tactics (tactical preparation)**

**Psychological training (Mental preparation)**