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**Narinder Kaur**  
Assistant Professor,  
Government Arts and Sports  
College, Jalandhar, Punjab,  
India

**Corresponding Author:**  
**Narinder Kaur**  
Assistant Professor,  
Government Arts and Sports  
College, Jalandhar, Punjab,  
India

## Sports training

**Narinder Kaur**

### Abstract

Sports Training refers to engaging in activity to improve performance and /or fitness. It is understood as a process of systematic development of each component in dependence on the duration of preparation which leads to achieving maximum efficiency in senior age within the selected sports discipline. Sports training is an integral part of every player. Training can be best accomplished by understanding general sports training principles. Principles are generally agreed upon guidelines that are grounded in the sport sciences and hold true in practice and competition. Wisdom from experience and good judgment are essential for optimizing the benefits of these guidelines. Apart from this skill learning, movement mechanics and other aspects of sport performance must be included in programs of players at respective level of competition. Tasks of sports training focus on systematic development of the components of sports training. Development of individual component of training is influenced by the structure of sports performance.

**Keywords:** Sports training, principles, components

### Introduction

The aim of sports training is to achieve maximum individual or team efficiency in a selected sports discipline limited by rules. Reaching maximum efficiency in any activity is not possible over a day. Efficiency is conditioned by several interrelated areas. Sports training focuses on reaching maximum efficiency in motor abilities connected to a certain sports discipline. Supposed performance depends on motor ability and motor skill which are closely related to the sports discipline. Motor abilities can be described as relatively stable sets of inner genetic presuppositions needed to carry out locomotive activities. They include force, speed, endurance, coordination and flexibility. Motor abilities are manifested on the outside by the sports skills. Sports skills are presuppositions needed for implementing performance in a selected sports discipline, which is limited by rules. Such presuppositions are gained through motor learning. It, however would not be possible to implement sport skills or develop locomotive abilities without motivation. Motivation is understood as an inner incentive to carry out certain activity. The final area needed for performance implementation is represented by tactical skills. Tactics means conducting a sports competition in a purposeful way.

Principles are generally agreed upon guidelines that are grounded in the sport sciences and hold true in practice and competition. Coaches rely on well established sports training principles to design programs and make educated coaching decisions. When training athletes, it is advisable consider these principles collectively and interpret them with flexibility, rather with rigidity. Wisdom from experience and good judgment are essential for optimizing the benefits of these guidelines. The commonly known training principles are heavily grounded in exercise physiology – the effect of exercise on human body. However, other sport sciences also support these principles. Apart from this skill learning, movement mechanics and other aspects of sport performance must be included in programs of players at respective level of competition. It is most important for the coaches to understand how to effectively apply them in practice and competition.

### The Key sports training principles are

1. **Specificity Principle:** It tells how work out regimens change athletes bodies to prepare for the demands of their sports. Incorporating specific tasks of sport will improve specific structure, fitness and exercise economy of the overloaded muscle groups.

2. **Overload Principle:** Provides guidance about intensity of workloads and how to progress regimens. Excessive overload and / or inadequate rest can result in overtraining, injury and performance decrements.
3. **Individualization Principle:** Concerns adjustments in training based on differences between individual athletes. The workout program for a freshman quarterback differ necessarily from senior lineman of his football team.
4. **Reversibility Principle:** Provides guidance about detraining when athletes stop working out. A body builder laments his loss of muscular gains after taking a 2 week vacation.
5. **Balance Principles:** It concerns achieving right proportions of training activities.
6. **Variation Principles:** Provides direction about variations in exercises, rest, time, intensity and other variables.
7. **Recovery Principle:** Concerns rest and recovery between exercises and time between workouts.

### Sports Training Components

**Physical Component:** It is focused on developing motor abilities and their manifestations through sports skills in a selected sport discipline. Most important motor abilities are

1. **Force Abilities:** The ability to develop a high power output in single action during competition such as kicking in soccer and jumping in basketball.
2. **Endurance Abilities:** The ability to perform prolonged exercise.
3. **Speed Abilities:** The ability to sprint.
4. **Coordinative and Flexibility Abilities:** The ability to exercise at high intensity which are based on acceleration, maximum velocity and multidirectional change of movement.

**Technical Component:** Technical training focuses on acquiring, keeping and transferring Motor skills. Motor skills are of two types

- A) **Fundamental skills:** Are based on natural ontogenetic development of a human. It includes gait, run, jump, climbing, basic over arm throwing etc.
- B) **Sports skills:** Are based on contents of a specific sports discipline. The aim of developing these skills is acquiring high level of automatised.

### Movement skills can be classified into three categories

1. **General versus special skills:** General skills target the development of basic coordinative abilities, whereas special tasks unify them in a skill specific manner.
2. **Closed versus open skills:** Closed skills have programmed assignments and stable environment while open skill have non programmed assignments and unstable environment.
3. **Continuous versus discrete versus serial skills:** Continuous tasks have no identifiable start or finish. Discrete tasks have definite start and finish. Serial tasks are composed of discrete skills performed in sequence.

**Tactical Component:** This component focuses on different ways to conduct sports competition towards victory. It includes:

- A) **Strategy:** Means a plan which was created beforehand and is based on experience with a purposeful conduct of sports competition that has proved to lead to an expected result in a specific competition.
- B) **Tactics:** Means practical execution of strategy in a

specific race situation.

**Psychological Component:** This component focuses on positive influence on athlete's personality as far as fair play is concerned. Personality of each individual is characterized by Temperament which can be sanguine, choleric, phlegmatic and melancholic and motivation. The qualities of an individual can be Characterized in four dimensions namely direction, intensity, scope and duration.

### Importance of Strength Training

1. It helps to reduce the incidence or severity of injury
2. Improves overall flexibility
3. Packing of the power
4. Increase in resting metabolism
5. Healthy and efficient body composition
6. Improvement in glucose metabolism
7. Increased bone mineral density

Strength training has been a integral part training regimen of an athlete. In addition to above cited positive outcomes, there is also evidence of mental health benefits including decreased level of depression, increase in self esteem and improved cognitive capabilities.

### Conclusion

Sports training is one of the most effective avenues available for enhancing various aspects of physical health and performance related variables. All these ingredients helps in athletes success and improved quality of life in place. The various components of sports training must be understood and used properly. The athletes should be made aware of importance of the sports training. Most important aspect of a successful sports training is thorough study and the implementation of the training principles.

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