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## Training in sports

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### Abstract

Games and sports is a specialized field. It requires a specific, scientific and systematic type of training to improve performance of player. Each activity requires a specific type physical fitness components; thus to improve these components, a specific type of training is required. The programmes of training Today process is known as sports training. Sports training are the branch of science which helps to increase sports performance. There are various types of training methods to improve performance by developing physical fitness in a proper way. Sports training programme improve physical fitness components along with health wellness. It guides us the correct method to perform physical activity. The programme of sports training also guide us the preventive, safe and correct ways of performing physical activity. Now a days every sports competition is becoming tough. Thus best training methods are developed and used to prove the excellence.

**Keywords:** Training, Sports

### Introduction

All activities which are part of human behavior were subject to a long-term development. Let us take throwing, which is regarded a basic motor activity, as an example. In the deep past, throwing was necessary for feeding and defense. At present, throwing has lost its importance as one of the above mentioned activities but it is involved in different sports to a great extent (e.g. athletics, handball, baseball, etc.). The task of a prehistoric hunter was to hit the target precisely to get food. The aim of a present-day athlete is to throw the javelin as far as possible. The result of the activity in both examples can be considered a performance. Performance is understood as an extent to which motor task is accomplished. With the prehistoric hunter, performance is evaluated dichotomically: hitting the target or missing and it is not restricted by any rules. In the case of the athlete, performance is evaluated following rules of the sports discipline which were set in advance, it is expressed by the length of the throw and is understood as a sports performance. An ability to achieve a given performance repeatedly is referred to as efficiency. The aim of sports training is to achieve maximum individual or team efficiency in a selected sports discipline limited by rules.

### Characteristics of Sports Training Components

#### Physical Component

Physical component is primarily oriented towards systematic development of motor abilities and their manifestation through sports skills in a selected sports discipline. Among the most important areas of motor abilities are the following:

- Force abilities
- Endurance abilities
- Speed abilities
- Coordinative abilities
- Flexibility

Basic differentiation of motor abilities is not sufficient to describe the manifestation of individual abilities within the specific sports discipline. Physical requirements on the athlete during physical training are primarily related to the selected sports discipline. Some sports require carrying out motor activity with a high (e.g., 400-m run) or low (e.g., marathon run) intensity during the whole course of motor task. Other sports, like soccer or basketball require the athlete to carry out different types of motor activity ranging from static positions to

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running with maximum speed, often accompanied by change of direction; and all that with a different intensity. Requirements of individual sports disciplines are related to physical capacity of the athlete and can be divided into following categories:

- The ability to develop a high power output in single action during competition such as kicking in soccer or jumping in basketball (force).
- The ability to perform prolonged exercise (endurance).
- The ability to sprint (speed).
- The ability to exercise at high intensity which are the basis on acceleration, maximum velocity and multidirectional change of movement (agility).

**Specificity**

Sports preparation in a specific sport is characterized by specificity. The athlete improves his or her performance in specific activities which are the content of a specific sports discipline. For instance, take-off in attack strike in volleyball is characteristic for taking off from both feet, therefore while training quick force, specific exercise must be utilized which support the respective type of take-off.

**Size of adaptation stimulus**

**Applying optimum and adaptation stimulus** means applying smaller size during sports preparation than the one which the athlete is used to. However well the training program may be designed, without applying optimum adaptation stimulus, it restricts the ability of the athlete to improve. Subliminal stimulus does not lead to desirable progressive changes in performance.

An example of applying this principle can be increasing the size during exercise within force training (increasing the number of sessions per week, adding drills or exercises or sets, preferring complex exercises to simple ones, shortening rest periods between sets or exercises or any other combination of the above examples).

**Progression**

If systematic training is to lead to ever greater improvement, its volume and intensity must continuously increase. If the principle of progressive increase is applied properly, it lead to

cumulative training effect (an example of this can be gradual increase in intensity of sports preparation by increasing the number of weekly trainings, increasing repetitions within each exercise, change of type or difficulty of exercise).

**Tactical component**

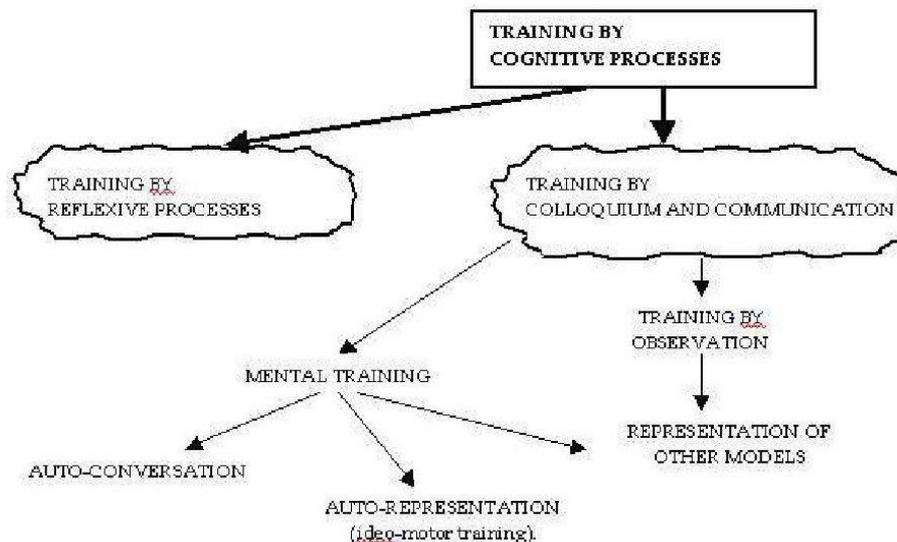
Tactical component of sports training focuses on different ways to conduct sports competition towards victory. Key terms of this component are strategy and tactics.

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.

Tactics means practical execution of strategy in a specific race situation. Practical execution is based mainly on acquired possible solutions of specific race situation. Progress of acquiring possible solutions of race situations must be in compliance with the duration of sports training within the selected long-term conception of sports training.

Almost every volleyball team has some weakness which can be used as advantage for the opposing team. Let us suppose that the line-up of some anonymous team includes a player who is not so good at receiving of first hit on their half. At present, reception is a necessary basis of a good quality game in volleyball. Let us further imagine that this team has got a very good setter. Strategy is then based on the fact that it is necessary to aim service at this player in the course of game and attempt to lead own offense over such part of the net that is defended by a player of a lower height. Tactics is then based on practical solution of game situation when service is aimed in such a way so that the receive spikier view of the ball is made difficult. In such a situation he would have to make as long movement as possible towards the place of reception; offence is conducted according to the position of a specific defense player, etc. Another example of strategy could be summarized as follows: The basis of own good quality game is to make opponents argue with one another. Tactics is then to choose one of the opponents who is a bit choleric a talk to him at the right moment.

**Psychological component**



Psychological component focuses on positive influence on the athlete's personality as far as fair play is concerned in

dependence on the length of sports training with the aim to achieve maximum efficiency in senior age.

There are no two exactly identical people in the world. Everyone is an original who acts as an individual on the outside. Personality of each individual is characterized by a number of factors. Among them, there are the following:

Temperament which is manifested on the outside through emotions and is related to the dynamics of mental processes. In practice, four basic types of temperament are distinguished: sanguine, choleric, phlegmatic, and melancholic. Motivation is understood as an incentive which supports some kind of behavior and is decisive in the kind and intensity of a person's acting. Acting can be described as an activity carried out to follow a clear-cut aim. Motivation is closely related to activation level. Activation level can be described as the level to which organism is activated. Relationship between activation level and sports performance has been proved to exist. The curve of dependence is in the shape of inverted U. The interpretation is that both very high and very low activation level is of a negative influence on sports performance.

Qualities of an individual are innate and can be divided into two positive (devotion, persistence) and two negative (dependence, selfishness) categories. Qualities of an individual are characterized with four dimensions: direction, intensity, scope and duration.

Attitudes are – as opposed to qualities – acquired and they are repeatedly manifested in given situations. Attitudes originate from echoing, maturing, rationality or on the basis of emotional reactions. All of the above factors make a unity which is referred to as character of an individual.

An example of temperament manifestation in sports can be a response of two different volleyball players to a game situation in which the referee makes an unintentional discriminating mistake against one of the teams. Each volleyball player knows that referees never change their statements. A phlegmatic player who does not get emotional easily and does not manifest his or her emotions much on the outside, will not comment on the referee's mistake much, rather he or she will get ready for the rest of the game. A choleric player, who gets emotional easily and manifests his or her emotions on the outside, will comment on the situation violently and will request a change of the referee's decision.

During my career as a coach, I encountered many cases of insufficient or, on the other hand, exaggerated motivation. Neither of these leads to a good performance in competition. It is necessary to keep activation level at an optimum level. It is upon the coach's feeling and experience to know how much motivation his trainees need to reach maximum sports performance. The following rule holds true: "neither too much, nor too little".

Both positive and negative qualities are manifested in any situation. In sports, these qualities are manifested much more in situations when the athlete or the team loses. Again, it is upon the coach's feeling and experience to be able to regulate these manifestations in the right way.

What can be used as an example from the area of sports is a team of athletes of a senior category of a high-league collective sport who considered training of physical fitness useless. It was very difficult to begin with fitness training. The athletes' attitudes towards fitness training changed with first successes. Now, the attitude of nearly all the athletes is totally different. For a well physically prepared athlete is able to resist fatigue more effectively and consequently manifest better performance.

Tasks of sports training focus on systematic development of the components of sports training. Development of individual

components of training is influenced by the structure of sports performance.

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