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Technical Training of Athletes

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Annotation: technical training is the effort to teach an athlete the technique and to bring them to perfection. Sports technique is a way of performing sports movements, which is characterized by a certain degree of efficiency and are the possibilities of the rationality of using the athlete's psychophysics.

Keywords: training, physical goal, result, age groups, process, fast game, sport and athlete.

Sports training, in short, means preparation for a performance. It helps the athlete gradually build strength and endurance, improve skill level and build confidence. As simplistic as it may sound, creating the 'perfect' workout routine that fulfills all of your fitness goals is a dream come true. The exercise program you follow has a significant impact on the desired results; training should be related to your goal and sport.
There is no hard and fast rule to follow to achieve a certain result; this is due to different body types, different metabolic rates and different age groups. When there are multiple options, it becomes more difficult to choose one, so how do we go about this process?
The best way is to try everything and see what gives you the most reliable results; experience and learning in process. Here are the traditional models of teaching:

Continuous Training
Continuous training or steady-state training involves longer intervals of exercise without breaks or rest periods. Ideally, in this method, the heart rate is kept constant between 60% and 80% during the session, and this is aimed at improving your breathing and cardiovascular system. Once you build cardiovascular endurance, it will be easy to cope with regular activities while the body is working on breathing.
If you are looking forward to losing weight, participating in marathons, swimming, triathlons and cycling, regular exercise is recommended. It's also a great way to start training before moving on to high-intensity workouts. Typically, workouts include swimming, running, biking, walking, or a combination of all for about 20-30 minutes.

Fartlek Training
Fartlek, a Swedish term meaning 'fast game', is a training method that combines elements of continuous and interval training. It involves a change in speed or terrain to emphasize the aerobic and anaerobic systems and increases the rate of recovery. This makes it difficult for the athlete's body to adapt to different speed levels, thus adapting their body to run faster over longer distances.
Fartlek training has many benefits, including improved endurance and speed, more flexibility and versatility in an athlete's game, and more race tactics for runners. This method is suitable for cross-country runners, team sports involving changes in speed, and marathon runners.

Shutdown Training
This method of Body Conditioning includes endurance training, resistance training, exercises, and high-intensity aerobic exercise in a circuit to build strength and muscle endurance. When planning the course, it is very important to work with different muscle groups and the number of repetitions. While you can focus your session on a specific body part, this method is ideal for full body conditioning.
Circuit training provides more effective results and increases metabolism because it combines the best of both worlds. It also breaks up boring exercise routines as it allows you to experiment with new exercises.

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Interval Training

Interval training alternates between short bursts of high-intensity training and periods of rest and recovery to increase a player's body's recovery rate, speed, and lactate threshold. In this method, the high-intensity periods are anaerobic exercises, and the recovery period can vary from complete rest to low-intensity training.

The following benefits of this routine include faster and more effective exercise sessions – allowing the body to work more in a limited time, reducing the risk of overtraining – because the intensity changes, avoiding the risk of overtraining and freedom to experiment with exercises .

Flexibility / Mobility Training

Flexibility training is a planned set of exercises that help gradually increase the range of motion of a joint or set of joints. One way to increase flexibility is to follow stretching techniques that target specific areas of the body. It is often performed as a warm-up session before high-intensity training and weight training, and is very useful for all types of sports, especially gymnastics and dance.

Weight Training

The main form of weight training is developing skeletal muscle and strength training volume using barbells, dumbbells or weight sets. Research shows that weight training doesn't just prevent bone loss horse, but also helps the formation of new bones in the body. So, it is very important for the overall development of the body. How to get modafinil cheap http://curtspharmacy.com/modafinil

Now, the amount of weight you stick with depends on the reps you plan to do; you get heavier weights for six reps than twelve

Plyometric Training

Plyometric or jumping exercises involve exercises that exert peak body strength in short periods of time and focus on rapid muscle expansion and contraction. Some of the basic movements in this technique are plyo pushups, box jumps, bounds, and deep jumps. It's aimed at improving muscle strength that carries over to higher jumps and longer sprints.

These are very useful for martial artists, sprinters, volleyball players and high jumpers.

When it comes to sports training, following popular opinion may not work very well in your favor and may lead to limited results. Therefore, explore all the options available and stick to the option that offers you optimal results and catalyzes the desired outcome.

At the Sports School, we provide our students with appropriate progression-based training based on their performance and goals. Our high-performance coaching teams of renowned coaches, trainers, nutrition and fitness experts challenge and support players at every level to improve their skills. We believe that every sports fan and young athlete should understand their physical and mental capabilities in order to push their limits in every training session.

All activities that are part of human behavior depend on long-term development. Take throwing, which is considered a primary motor activity, as an example. In the past, shooting was necessary for food and protection. Nowadays, throwing has lost its importance as one of the activities mentioned above, but it is widely practiced in various sports (for example, athletics, handball, baseball, etc.). The task of the prehistoric hunter was to accurately hit the target in order to get food. The goal of the current athlete is to throw the javelin as far as possible. The result of the activity in both examples can be considered a performance. Performance refers to the level of performance of the vehicle. Working with a prehistoric hunter is judged in two ways: hit or miss, and it is not limited by any rules. The performance of the athlete is evaluated according to the rules of the sports discipline, which is expressed by the length of the throw and is understood as a sports indicator. The ability to repeatedly achieve a given performance is called efficiency.

The goal of sports training is to achieve maximum individual or team performance in a chosen sport discipline limited by rules.

Achieving maximum efficiency in any activity is not possible in one day. Efficiency depends on several interrelated areas. Sports training is aimed at achieving maximum efficiency in the motor skills associated with a specific sports discipline. Estimated performance depends on motor skills and motor skills, which are

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closely related to the sport discipline. Motor abilities can be defined as relatively stable sets of internal genetic predispositions necessary to perform locomotor activities. They include strength, speed, endurance, coordination and flexibility. Motor skills are outwardly manifested in sportsmanship. Sports skills are the assumptions necessary to perform in a chosen sport discipline that is limited by rules. Such assumptions are obtained through motor learning. However, without motivation, it was impossible to perform sportsmanship or develop Locomotive ability. Motivation means an internal incentive to perform a certain activity. The final area required for performance is represented by tactical skills. Tactics means conducting a sports competition in a purposeful manner.

The content of sports training consists of individual main directions, which are called components of sports training:

The physical component usually focuses on the development of motor skills.

The technical component is aimed at mastering sports skills through motor learning.

The tactical component is aimed at the acquisition and further development of various methods of conducting a sports competition on a targeted basis.

The psychological component is aimed at improving the athlete's personality.

Example: A component of physical fitness refers to the motor skills required for maximum jump height i. The decisive factor in this matter is the quick force. In volleyball, the technical component is the acquired skill of an offensive shot. The tactical component is represented by the choice of the direction and power of the shot, which depends on the analysis of the game situation. The psychological component is externally manifested by the player's self-confidence in successfully solving the game situation.

Sports training means the process of systematic development of each component, depending on the duration of training, which leads to maximum performance at an older age within the chosen sports discipline.

Features of the components of sports training

Physical Component

The physical component is primarily aimed at the systematic development of motor skills and their manifestation through sports skills in the chosen sports discipline. Some of the most important areas of motor ability include:

Power abilities

Endurance skills

Speed skills

Coordination skills

Flexibility

A basic distinction of motor skills is not enough to describe the manifestation of individual abilities within a specific sport discipline. The physical demands placed on an athlete during physical training are primarily related to the chosen sports discipline. Some sports require high (eg 400m running) or low (eg marathon running) motor activity throughout the motor task. Other sports, such as football or basketball, require the athlete to perform a variety of motor actions, from static positions to running at maximum speed, often accompanied by changes in direction; and all this with a different intensity. The requirements for individual sports disciplines are related to the physical capabilities of the athlete and can be divided into the following categories:

The ability to develop high power output in a single movement during competition, such as kicking in football and jumping in basketball (power).

The ability to perform long-term exercises (endurance).

Sprint ability (speed).

The ability to exercise at high intensity, which is the basis for acceleration, maximum speed and multidirectional change of movement (agility).

Specific features of individual categories are discussed below (see Chapters 6-11).

Well-designed training programs are based on the application of five principles at each stage of sports training. There are three main principles: specificity, the size of the adaptive stimulus, and development.

Feature

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Preparation for sports in a specific sport is characterized by its uniqueness. An athlete improves his performance in certain events that are the content of a certain sports discipline. For example, attacking flight in volleyball is characterized by flying from both legs, therefore, when training quick strength, special exercises that support the appropriate type of flight should be used.

Size of adaptation stimulus

Using an optimal and adaptive stimulus means using a smaller volume than the athlete is used to during training. However, a training program may be designed without the optimal adaptation stimulus, limiting the athlete's ability to improve. A subliminal stimulus does not produce the desired progressive changes in performance.

Examples of applying this principle include increasing exercise volume during strength training (increasing the number of sessions per week, adding exercises or exercises or sets, perferring complex exercises to simple exercises, increasing rest periods between sets or exercises). reduction or other combination of the above examples).

Progression

If systematic training leads to further improvement, its volume and intensity must be constantly increased. If the principle of progressive growth is correctly applied, this will lead to a cumulative training effect (an example of this can be a gradual increase in the intensity of sports training, an increase in the number of weekly training sessions, an increase in the number of repetitions in each exercise , changing the type of exercise or difficulty).

Technical component

Technical training is aimed at acquiring, maintaining and transferring motor skills. Usually, from the point of view of sports training, motor skills are divided into two groups:

Basic skills are based on the natural ontogenetic development of a person. This includes walking, running, jumping, climbing, basic squats, and more.

Sportsmanship is based on the content of a particular sports discipline. In volleyball, the content of skills such as setting, receiving, blocking, serving, etc. The goal of developing these skills is to achieve a high degree of automation (see Chapter 11). These skills help the athlete regardless of the level of perforamnce in his sports career accompanies him throughout his life. An athlete retains such skills for the entire sports career, regardless of performance level. The acquisition of these skills should be consistent with the long-term concept of sports training (see Chapter 12). According to this concept, the training of a certain sports discipline should include another large motor skill that does not form its content, but is important for achieving other goals of sports training. For example, they include gymnastic or athletic skills that are important for the athlete's recovery, compensation, and multifaceted development.

Motor skills can be classified according to three main motor movement criteria.

General and special skills

While general agility tasks focus on developing one or more basic coordination skills, specific tasks combine them in a skill-specific manner. For example, standing on one leg represents an example of a general skill that develops static balance. On the other hand, standing on one leg on a balance bar can be part of a gymnastics routine, where it represents a special skill.

Closed and open skills

Closed agility skills have programmed tasks and a predictable or stable environment. An example of an indoor skill would be a gymnastic routine or figure skating.

An open skill has unprogrammed tasks and unpredictable or unstable environments. During performance, the context changes and the goal of training is to quickly respond and adapt to new or unexpected stimuli and situations. A situation in games where the defender has to respond to an unexpected move by the opponent can be an example of an open skill.

Continuous versus discrete versus serial skills

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Continuous tasks do not have a definable start or finish. For example, skills of a cyclical nature (cycling, skating, rowing)
Discrete tasks have a definite start and finish. For example, there can be skills of an acyclic nature (shooting, jumping).
Serial tasks consist of discrete skills performed in sequence, and the successful completion of each subtask determines the overall outcome. For example, there can be combined cyclic and acyclic skills (javelin throw, long jump).

Tactical component

The tactical component of sports training focuses on various methods of conducting sports competitions towards victory. The main terms of this component are strategy and tactics.

A strategy is a plan based on the experience of purposefully conducting sports competitions that has been prepared in advance and led to the expected result in a particular competition.
Tactics refers to the practical execution of a strategy in a given race situation. Practical implementation is mainly based on the possible solutions of the specific racial situation. The progress of obtaining possible solutions of race situations should correspond to the duration of sports training within the concept of long-term sports training chosen.
Based on the above, the athlete's participation in sports depends on the athlete's technical, tactical, physical and psychosocial characteristics. These factors are related to each other, for example, technical skills cannot be used to the full extent of physical abilities. On the other hand, the tactical component cannot be used without sufficient technical skills.
Physical demands in sports are related to the performance of the athlete. Indicators of the respiratory and cardiovascular systems, as well as muscles in the selected sports discipline is based on the characteristic and combined with the interaction of the nervous system. The muscular system consists of many components that have an important effect on the mechanical and metabolic behavior of muscles. Muscle morphology and architecture and myosin isoform composition play a major role in muscle contractile force properties assessed as maximal isometric, concentric, and eccentric contraction force, maximal rate of force development, and force production. Levels of glycolytic muscle enzymes and ion transport systems are key determinants of anaerobic power and strength. Similarly, mitochondrial enzyme levels and capillary density strongly influence aerobic muscle performance, which in turn influences human skeletal muscle strength development and maximal power output, while also influencing muscle fiber endurance performance. makes a secret. Respiratory, cardiovascular and muscular characteristics are determined by genetic factors, but they can also be developed through training. A number of environmental factors, such as temperature and outdoor sports, weather and the surface of the competition arena, also come into play affects.

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