



Category: Invited Talk



## NURTURING SPORTS PERSON - ROLES, STRATEGIES AND RESPONSIBILITIES

**Dr.P.JOHNSON**

Principal

University College of Physical Education & Sports Sciences

Acharya Nagarjuna University, Guntur, Andhra Pradesh

Mail: Johnson\_pala@yahoo.co.in

### INTORUDCTION:

The Teaching, Training and Coaching are frequently using and important methods in the field the Physical Educational Sports. Teaching means explanation or explaining, Training means practicing or improving performance and coaching indicates advanced level of teaching and training to achieve higher performances. These three phases are most important and interrelated to each other. As a coach he must understand the various stages of three method and techniques to success and achieve the goal in the field of sports particularly in Nurturing Sports Person.

### COACHING:

Teaching and training of advanced skills to suitable individuals for a specific purpose of achieving superior performance is generally known as coaching. Good quality of coaching is a key to both the development of the individual and participants. Hence correct techniques must be taught and a good training habit develops from the very beginning. Sports now take place in an environment of rapidly changing techniques, strategies, training methods and safety concern. Scientific knowledge is also having an ever increasing impact on coaching and sports performance.

- It is a kind of advanced level of teaching and training.
- Coaching for selected few athletes (sportsmen) to achieve higher level of performance.
- It is a training of advanced athletes to achieve technical and tactical performances.

### COACHING PHILOSOPHY:

A philosophy is a set of guidelines to govern our actions. It comes from,

- Ideas formed from our experiences.
- Opinions gained from the knowledge we gather.
- Our hopes for the future.

Developing a successful coaching philosophy is based on.

- Knowing why coaches coach.
- Knowing why athletes participate.
- Considering the opinions of others.
- Communicating your philosophy to others.

### COACHING:

**Definition:** It is a process of specialised efforts, repeatedly done, with an assistance of scientific bases to attain high level results.

**Principles:** Simple to complex skills – proper progression, in the combination of skills, very close observation – very effective corrective measures to be used – Repeated efforts – continuous & regular efforts – long time



efforts – to try to reach total stability (mastery) in skills – use of teaching aids – all out efforts are to be tried – mostly students are more active.

**Subjects:** Not a big group

**Methods:** Task method, Repetition method, part method, Whole method etc.

**Supervision:** By the Coach

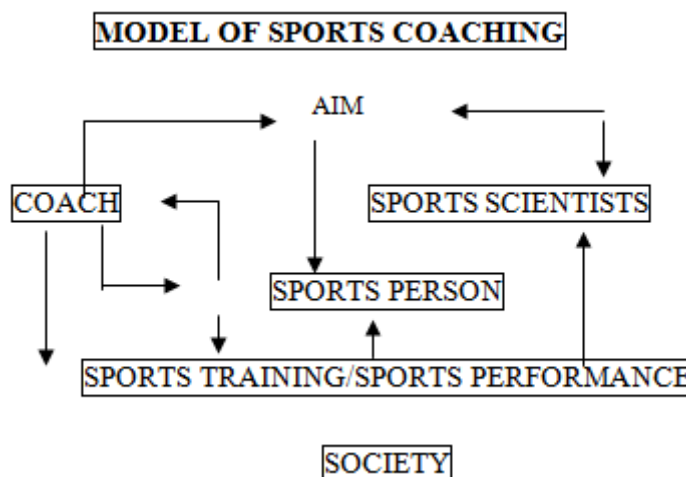
**Aim:** Short term & long term.

**Stages:** Final stage.

**Attention:** Most individual attention.

## AIMS AND IMPORTANCE:

- To achieve higher level of performance in sports and games.
- To achieve Physical fitness and conditioning: Components, conditioning.
- To achieve Technical skill: Skill, Techniques.
- To achieve Tactical efficiency – Knowledge about game, teaching systems etc.
- **To Educate:** Beliefs, values, motives, interest cognitive abilities (perception, thinking, and memory).
- Develop Emotional abilities, personality traits (Regular, sincerity, punctuality).
- Educates good habits (eating, rest, hygiene, spend of leisure time) etc.



## STRATEGIES

### 1. FORMATION OF TRAINING ON THE BASIS OF PERFORMANCE STRUCTURE:

Sports training aims at achieving high performance in future. Therefore, the structure of the sports performance should form the basis of foundation of training. All aims, objectives, means, methods and measures for different stages of training are to be desired from the performance capacity essential to achieve the sports performance. The performance structure, in combination of other factors like motor development, age, training state, periodisation etc., determines the training structure.

### 2. CONTINUITY OF TRAINING:

This principle states that sports training should be continuous and regular process. Continuous and regular training leads to improvement of performance capacity. But training is stopped for some period or there are too long intervals between training sessions the performance capacity starts decreasing. It is, therefore, of a utmost importance to ensure continuity of training.

### 3. PROGRESSION OF LOAD:



Training load is the principal stimulus for starting the psycho-physiological processes of adaptation, which eventually lead to increase in performance capacity. A certain quantum of training load forces the organisms to adapt to a certain level of psychic and physical demands. If the same load is repeated again and again, then it gradually loses its values as a stimulus for adaptation. Higher performance will be achieved when the organizers adapts to higher level of functioning. This is possible only by increasing the load. In sports training we want continuous improvement in performance. Therefore, we have to keep on increasing the training load from time to time or periodically.

The training load in sports training can be increased by two methods.

(A) **LINEAR METHOD:** In this method the load is increased in every training session. The method is possible only during the initial days of training.

(B) **STEP METHOD:** In this method the load is increased in steps i.e. after an increase in load it is maintained for some training sessions before increasing it again.

#### 4. UNIFORMITY AND DIFFERENTIATION:

In order to achieve best results, the sports training should be formulated uniformly but allowing for individual differences. The goals, means, methods and organization of training should be uniform. The training of advanced sportsmen must be formulated in consideration of following individual factors.

- Age, sex, training state, talent, past experience, personality, temperament, rate of performance improvement, load adaptation and recovery state, social factors etc.

#### 5. PROGRESSIVE SPECIALISATION:

The term specialization in sports means use of specific means and methods for improving performance in a particular sport. Logically speaking specific means and methods lead to faster improvement in sports performance. But in real training process, which starts in childhood and can continue up to 25-30 years of life, the predominant use of specific means and methods throughout the long term process of training does not give good results.

It is now universally accepted that the sports training in all stages and phases, should be a judicious mixture of general and specific means and methods of training. The high proportion of general preparation in the initial years of training ensures all round development thus creating the base for future performance. It also helps to secure maximum 'Trampes of training' effect, which at later stages of training is not possible. In fact the total volume of general as well as of special preparation increase with the improvement in sports performance but their proportion to one another changes in favour of special preparation.

#### 6. PLANNED AND SYSTEMATIC TRAINING:

Sports' training is a scientific and pedagogical process and for best result each and every part, phase and stage of training must be properly planned. As a result in training we have short and long term plans, which form the basis of implementation and assessment of training. It is however essential to realise that planning has to be done on the basis of a system, which has been worked out in consideration of the present available knowledge regarding best ways and means of achieving high performance through sports training. In other words correct planning of training is impossible without a through understanding of training systematic. The major aspect of systematic training is the correct proportion and sequence of various training elements contents and tasks.

#### 7. CYCLICITY OF TRAINING:

The process of sports training is formulated in shorter and longer cycles. A training cycle basically consists of a load phase and recovery phase. The shortest training cycles are based on the bigger cycles but at the same time the shorter cycles give rise to bigger cycles.

In sports training we have three types of training cycles i.e. Macro-cycle, Meso-cycle and Micro-cycle.

A. **MICRO-CYCLE:** It is the smallest training cycle and consists of 3 to 10 days. When the duration of micro-cycle is seven days it is called weekly cycle.

# International Journal of Law, Education, Social and Sports Studies (IJLESS)

*A Peer Reviewed (Refereed) International Research Journal*

Homepage: [www.ijless.kypublications.com](http://www.ijless.kypublications.com)

**Vol. 2. Supplementary issue 3.2015 (October)**



B. **MESO-CYCLE:** Messo cycle is a training cycle of medium duration consists of 3 to 6 weeks.

C. **MACRO-CYCLE:** This is considered the longest cycle of training. Its duration can be from 3-4 months to 12 months or even longer.

## **8. REGULATION OF TRAINING:**

Sports' training is a goal oriented long term process of preparation of sportsmen for higher performance. A coach should always know what affect the training in producing on the performance of the sportsman. If necessary the sports training should be changed or modified to ensure proper and effective development of performance. This is possible through continuous regulation of sports training. Regulation of sports training is a goal oriented process of training and performance assessment for controlling the process of performance development through training. It is, therefore, very important to prepare proper and detailed plans for various phases and periods of training to achieve results.