

Chapter 1

Sports Training-An Introduction

The word 'training', in its broad sense, refers to any organized and systematic instructional process, which aims at enhancing man's ability with regard to physical, psychological and intellectual aspects. In the field of sports, training is a process, which involves preparation of a sportsperson to attain highest level of sports performance. To improve sports performance, one has to, regularly and systematically, perform a variety of exercises. Mere execution of an exercise does not ensure improvement of performance. Actual effect of exercise depends upon several factors of which the important ones are training load, means of recovery, assessment of loading and performance capacity, sports equipment, nutrition, psychological characteristics and methods adopted for imparting theoretical instruction. If these factors are disregarded, the usefulness of the physical exercise decreases and the sportsperson does not realize optimal benefit.

Ward and Watts (1977), the two leading British track and field coaches in their book entitled 'Athletics for Student and Coach' wrote, 'the task of the coach is to help the athlete to achieve excellence'. They have said that sportsperson is the focus of attention; their quest for excellence, whether in an individual or a team sport, is the reason why they commit their talent to a coach. Basically, the coach offers knowledge and time to athletes, and assists them to enhance their skills and fulfill their potential in return for the satisfaction gained from helping others. In this process the coach may receive monetary rewards and/or recognition but the underlying the effective role of the coach is the earnest desire to assist others achieve their potential in sport

whether individually or as a member of a team. The relationship between coach and sportspersons is an important one-the sportsperson has the talent and the desire to develop it; the coach has the knowledge and skill to develop that talent. The relationship is one of mutual respect and interdependence.

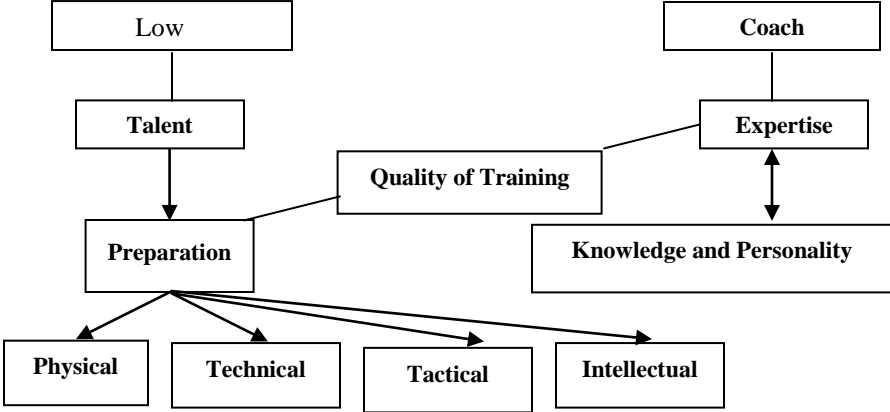


Fig. 1. The relationship between sportspersons and coach.

This complex nature of sports training, in order to be effective and beneficial, requires knowledge and assistance from other sports science disciplines e.g. sports medicine, exercise and sports physiology, sports sociology, sports psychology, sports bio-mechanics, sports nutrition, sports biochemistry and so no. As the performance of a sportsperson improves, the extent of utilization of knowledge from these sports sciences also increases.

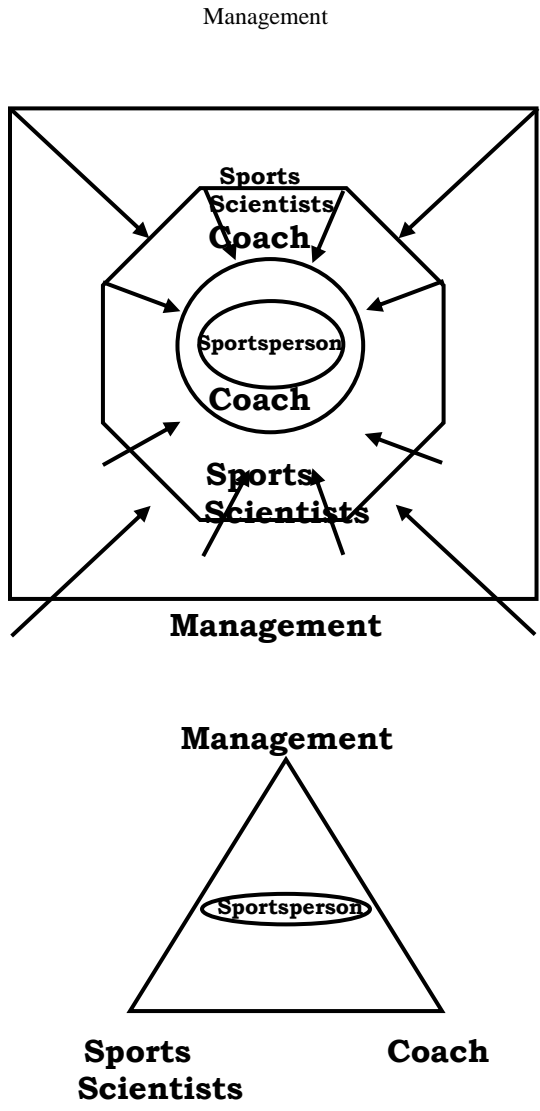


Fig. 1. Support Structure in Sports Training

In both the above diagrams (Fig.1& 2), the sportsperson is the nucleus and receives all possible support from the coach with whom he maintains a