

The Role of Sports Training in the Holistic Development of Multi-Disciplinary Athletes

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Abstract: *Sports training allows the body to gradually build up strength and endurance, improve skill levels and build motivation, ambition and confidence. Having a sports trainer teach an athlete the basics of a sport before they start playing is extremely necessary if the athlete wants to be successful in that sport. Sports training is the physical, technical, intellectual, psychological and moral preparation of an athlete or a player by means of physical education. Sports training is an overall scientific and systematic channel of preparation of sports persons for high level of sports performance. Runners, cyclists, Ironmen and recreational team players can train their bodies to endure physical stress for longer periods of time and recover faster, allowing them to set and reach successive goals instead of plateauing. An athlete will benefit tremendously from this type of training, most likely seeing dramatic improvements in their level of fitness and strength.*

Keywords: Sports Training, Physical Fitness

1. Introduction

Sports training allows the body to gradually build up strength and endurance, improve skill levels and build motivation, ambition and confidence. Training also allows athletes to gain more knowledge of their sport as well as enabling them to learn about the importance of having a healthy mind and body. The Importance of Sports Training Billions of people play sports around the world, but so many of those people will never live up to their full potential because of a simple mistake they made. Having a sports trainer teach an athlete the basics of a sport before they start playing is extremely necessary if the athlete wants to be successful in that sport. Many people teach themselves bad habits or incorrect techniques, which will then stick with them for the entire time they play that sport.

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.

Sports Training:

Training is a process of preparing an individual for any event or an activity or job. In sports we use the term 'sports training' which denotes the sense of preparing sports persons for the highest level of performance. Sports training is the physical, technical, intellectual, psychological and moral preparation of an athlete or a player by means of physical education. Sports training is an overall scientific and systematic channel of preparation of sports persons for high level of sports performance. Therefore, we can say that sports training is a type of training that is designed to improve our fitness (in the broad sense of the term) level for the purpose of improving your ability to perform a given sports.

The importance of sports training:

1. **Physical Fitness:** Physical fitness is the basic requirement of any game and sports. There is a specific requirement of each component of physical fitness according to the specific sport. Sports training helps in building a fine physique and ensures good health.
2. **Discipline:** Sports training helps in incorporating a sense of discipline in a person's life.
3. **Unity:** Sports training teaches a sports person about teamwork, sense of belonging and unselfish play. It also encourages to play for team rather than for one's personal accomplishment.
4. **Confidence:** It boosts the morale of a person when he performs and also when he excels towards a particular game. It improves self esteem as well as body posture, which makes one feel more confident and determined.
5. **Focus:** Counselors and mental trainers help in identifying those areas which are causing the sportsman to become distracted on the field and enhance focus on the field.

The core principles of sports performance training?

We believe in a long-term commitment to an athlete's development and improvement. We do not attempt to "peak" an athlete's performance abilities at a young age and caution against this philosophy. We consider the athlete's age, maturation and stage of development before designing a custom program with appropriate strategies, setting the individual up for improved success potential.

Our approach towards performance training is multifaceted and customized based on the individual. We consider age, maturation, and stage of development in addition to a host of other factors. We don't believe in a cookie-cutter training approach, nor do we believe individuals learn the same way. With the increasing pressure on kids and parents alike to enter the competitive sports arena earlier and earlier, sports performance training becomes increasingly more vital to a child's development. Like all good things in life, there are no short cuts. Which is why our strategies evaluate your long-term goals and guide your athlete through the proper development strategies. We want to equip your athlete with skills that will unleash their potential in whatever sport they may choose to pursue. An investment in high-quality sports performance training sets your athlete up for success they may have otherwise not achieved. Or worse, never had the opportunity to achieve due to injuries, fatigue or overall lack of proper development. Our goal is to bring back the strategic development of athletes so they may thrive socially, physically and mentally.

Characteristics of Sports Training Components

Characteristics of sports training are as follows;

1. It has a Balanced Plan: Sports training have a balanced plan in the sense that it touches all the dimensions of individual's personality. It focuses on the major physical and tactical components of training: endurance capacity, muscular strength, oxygen intake, etc., individual and team tactics, and strategies and course knowledge. All of this has to be done in a sequence that brings the athlete to the event fully prepared.

2. It Works for Uninterrupted Physical Activity: Sports people use numerous terms to describe the characteristics of these temporal dimensions of training. Single human movements, which occur in a second or two, are combined and repeated to make a training bout or work-out, a period of more or less uninterrupted physical activity.

3. It Uses Scientific Approaches: It works on scientific patterns. Its various equipment and methods of training used in various sports are supported by science and the aim is to improve the technique and performance using advances in natural and social sciences.

4. It Follows a Particular Pattern: Sports training usually follow a particular pattern. Workouts may occupy a few minutes or hours, and may be continuous exercise, a set of reps or repeated movements, or a set of sets. A

complete training session usually lasts an hour or two and consists of one or more workouts.

5. It is a Complex Behaviour: Sports training are a complex behaviour, mainly because it is performed in a time frame that ranges from seconds to years.

6. It is Individualistic: Sports training should be specific to an individual's performance and technique.

7. It is Performance Oriented: It shows the way to win. Winner takes it all. All that matters is a high level of performance and all it takes to achieve it whether it is physical, psychological or technical preparation.

8. It is based on Educational Process: Educational process goes on during training and thus emerges a sports personality which is very important in the overall development of an athlete as an individual as well as sports person.

9. It Helps in Confidence Building: The basic of training is to believe one can win, even though one may not win very often. The athlete who cannot handle defeat and lean from the process will have a more difficult time learning how to win.

Sport-specific training isn't just for extreme athletes. The more recreational or "weekend warrior" types can benefit from training routines designed for their respective sport. Runners, cyclists, Ironmen and recreational team players can train their bodies to endure physical stress for longer periods of time and recover faster, allowing them to set and reach successive goals instead of plateauing.

2. Conclusion

The sports landscape is becoming more and more competitive. Kids are starting to hone their natural athletic abilities younger and younger and sport-specific training can help athletes of all ages, as it's commonly comprised of three classifications of training that start with building core strength and agility before moving into more specific movements that mimic the athlete's respective sport:

General strength exercises develop general muscle strength and include movements like squats, front squats, overhead squats and deadlifts among many, many others. Special strength exercises attempt to convert general strength to power, but are still strength oriented. Most explosive lifts and movements fit into this category and include olympic lifts, jump squats, heavy sled towing and various kettlebell swings and exercises. Specific strength exercises are designed to provide power improvements in a way that is very specific to the required technique of the athlete. Exercises may include unloaded and lightly loaded plyometric exercises and sprint drills.

The most specific strength exercise for any given movement is the actual movement skill itself and it is in this category where you will focus on those movements repetitively. An athlete will benefit tremendously from

this type of training, most likely seeing dramatic improvements in their level of fitness and strength.

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