

INTRODUCTION TO: MODERN PHYSICAL TRAINING METHODS

Prof. Dr. Vinod Marotrao Bali

Yashwantrao Chawhan Arts, Commerce & Science College

Lakhandur, Bhandara

Abstract:

Sports training in a nutshell, means preparing for a performance. The aim of this paper is to introduce a brief physical training in team of sports. Physical training represents an integrated and permanent process, present at all times, in every period of the sports training. Modern team sports imply a superior physical training due to the fact that the game rhythm is steadily increasing.

Keywords: *physical training, sports, modern training.*

Introduction:

Sports training is to prepare a sportsperson physically, physiologically and psychologically for a possible highest sports performance at the time of main competition, in a specific sport. In order to make a sportsperson capable of putting up optimal performance, systematic improvement of performance capacity and readiness of performances is to be carried out. Sports training in a nutshell, means preparing for a performance. It helps the athlete build strength and endurance gradually, improves their skill levels, and strengthens confidence. As simple as this may sound, but formulating the 'perfect' training method that fulfills all your physical goals is a dream come true. The workout program you follow has a significant impact on your desired outputs; hence training must be relevant to your purpose and sport you intend to pursue. The best way is to try everything and see what gives you the most reliable results; experiment and learn in the process. There are some conventional models of training:

1. Continuous Training: Continuous training or steady-state training includes longer

intervals of physical exercise without breaks or rest periods. Ideally, in this method, the heart rate is kept constant between 60% to 80% throughout the session, and it aims at enhancing your respiratory and cardiovascular system. Once you build your cardiovascular endurance, it becomes easier for your body to cope up with routine activities without running out of breath. Continuous exercise is recommended if you are looking forward to losing weight, participating in marathons, swimming, triathlons, and bike rides. It is also an excellent way to begin exercising before moving on to the high-intensity workout. Typical sessions include swimming, running, biking, walking, or a combination of all, for about 20 to 30 minutes.

2. Fartlek Training Fartlek, a Swedish term that means 'Speed Play,' is a training method that blends the elements of continuous and interval training. It involves the change in speed or terrain to emphasis on both aerobic and anaerobic systems and increases the recovery rate. It challenges the athlete's body to adapt to different speed levels, hence acclimatizing their body to run faster over long distances.

There are multiple benefits of Fartlek training, such as improved endurance and speed, more flexibility and versatility in the athlete's game, and more race tactics for runners. This method is suitable for cross country runners, team games involving variations in speed and marathon runners.

3. Circuit Training This method of body conditioning involves endurance training, resistance training, exercises, and high-intensity aerobic workout in a circuit to intensify strength and muscular endurance. When planning a course, it is essential to work

with a diverse group of muscles, and the number of repetitions followed. Although you can concentrate your session on one particular section of the body, this method is ideal for complete body conditioning.

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

5. Flexibility / Mobility Training Flexibility training refers to a planned set of exercises that can gradually help expand the range of motions of a joint or set of joints. One way of enhancing flexibility is by following stretching techniques that focus on particular areas of the body. It is often pursued as a warm-up session before high-intensity workouts and weight training and is highly beneficial for all forms of sports, especially gymnastics and dance.

6. Weight Training Weight training is a primary form of strength training that develops the size of skeletal muscles and power with the help of weighted bars, dumbbells, or weight stacks. A study shows that weight training doesn't only control bone loss, but can also promote the formation of new bones in the body. Hence, it is essential for the overall development of the body.

7. Plyometric Training Plyometric or jump training includes exercises in which the body exerts apex force in short intervals of time and focuses on muscle extension and contraction swiftly. Some primary activities in this technique are plyo pushups, box jumps, bounding, and depth jumps. It aims at improving muscular power that transmutes into higher jumps and longer sprints. These are

highly beneficial for martial artists, sprinters, volleyball players, and high jumpers.

8. Speed, Agility and Quickness Training (SAQ) SAQ training aims at re-programming the athlete's neuromuscular system; this further helps in enhancing multi-directional movements. Usually, professional athletes follow this method, but with its increased popularity, many amateurs are now taking up this method and incorporating it into their workout sessions.

Conclusion:

Physical training is one of the most important factors in athletic training in order to achieve great performance. Developing and training the body for activities and movements with applicative character is one of the main objectives in physical training. Through this training process is being pursued the strength and maintaining a good health of the players, increasing the resistance of the body, Also a player reaches an improvement of motor skills and an increased ability to adapt to any new process or any difficult situation to improve the technique and tactical action.

References:

1. *Bompa TO, 2001, The theory and methodology of training, second edition, CNFPA Press, Bucharest.*
2. *Dragnea A, Mate-Teodorescu S, 2002, Sports Theory, Fest Press, Bucharest.*
3. *Ghermănescu IK, Gogăltan V, Jianu E, Negulescu I, 1983, The handball theory and methodology, Didactic and pedagogical Publishing House, Bucharest.*
4. *Bompa, Tudor O. Periodization Theory and Methodology of Training. USA: Human Kinetics, 1999.*
5. *Thomas, Jerry R., Lee, Amelia M. dan Thomas, Katherine T. 1988. Physical Education for Children. Champaign, Illinois: Human Kinetics Books.*
6. *Hohman A, Lames M, Letzelter M 2005 Introduction to the science of training (Spain: Editorial Paidotribo).*