

BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI - 620 024

(Accredited with A+ Grade by NAAC in the Third Cycle)

Department of Physical Education & Yoga

Bachelor of Physical Education (B.P.Ed.)

Semester-III CC-VII SPORTS TRAINING (21BPE31)

Unit-V Training Programming and Planning

By

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Unit-V Training Programming and Planning

Planning- Training season. Main competition and build up competition. Motor development and its implication in relation to different sexes and age groups. Periodization – Meaning and types of periodization. Aim and content of periods – preparatory, Competition, Transitional. General psychology of coach - Psychological preparation for competition, long term psychological preparation, short term psychological preparation.

Plan

an idea or arrangement for doing or achieving something in the future.

Training Session

Training Session means any period at any venue appointed by the Coach, Institute or the Association and where the Athlete is required to attend for the purpose of practising, training or preparing for the Sport.

Training sessions should be developed from two or three goals that have been identified for that session. The elements of a training session that all coaches should include are:

- **session introduction**
- **warm-up**
- **skill and fitness activities**
- **cool-down**
- **review**

Planning

Micro Cycle

Meso Cycle

Macro Cycle

Micro Cycle

Shortest cycle of training

Duration

- 3 to 10 days
- 5 to 10 days

Weekly cycle

Micro Cycle

	Mon	Tue	Wed	Thr	Fri	Sat	Sun
AM	Training		Training		Training		
PM		Training		Training		Training	

Micro-cycle

High							
Medium							
Low							
Rest							
	Mon	Tue	Wed	Thr	Fri	Sat	Sun

- a. 1:1 one day high load followed by medium load**
- b. 2:1 two days high load followed by medium load**
- c. 3:1 three days high load followed by medium or low load**

Meso Cycle

Medium cycle of training

Duration

- **3 to 6 weeks**

Best 4 weeks

Macro Cycle

Longest Cycle

Duration

- **3 to 12 months**

Yearly Plan or Annual Plan

Olympic Plan

MACROCYCLE

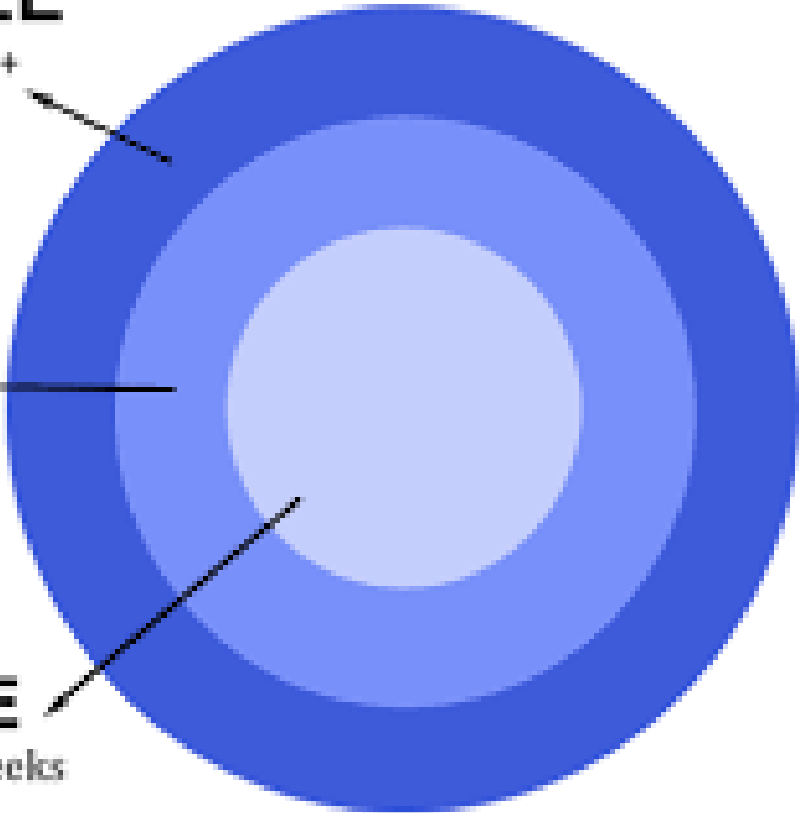
several months - year+

MESOCYCLE

couple weeks - several months

MICROCYCLE

single workout - couple weeks



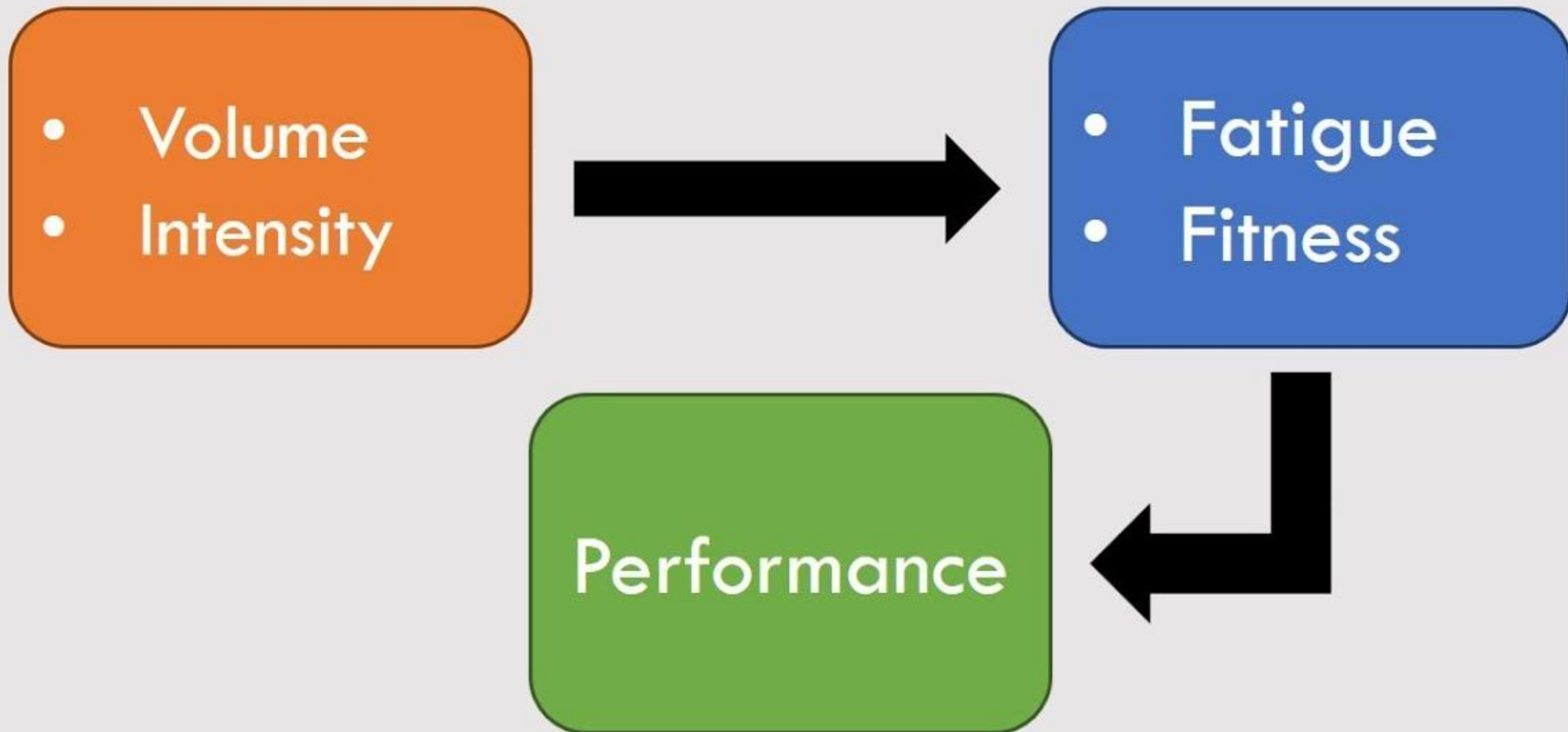
Periodization Hierarchy

Period	Duration	Focus
Individual session	1-2 hours	Specific exercises, loading schemes, sets x reps, rest interval
Microcycle	1 week	Total training volume per muscle group
Mesocycle	3-6 weeks	Short term training goals such as hypertrophy, strength, endurance
Macrocycle	Several months to 1 year	Several mesocycles combined, usually ending with a maintenance period
Multi-year plan	2 or more years	Several macrocycles combined, usually with repeating goals, each ending with a maintenance phase

Periodization

Periodization is the systematic formulation of sports training for achieving top form in a competition at a definite time.

WHAT IS PERIODIZATION?



Periodization is the planned manipulation of training variables (load, sets, and repetitions) to maximize training adaptations and prevent the onset of overtraining syndrome.

PERIODIZATION

- Periodization, is the systemic formulation of sports training for achieving top form in a competition at a definite time.

PREPARATORY PERIOD							COMPETITION PERIOD				TRANSITIONAL PERIOD
PP - 1			PP - 2		PP - 3		CP - 1		CP - 2		TP
JAN	FEB	MARCH	APRIL	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC

Types of Periodisation

1. Single Periodisation

2. Multiple Periodisation

(Double periodization, Triple Periodization)

Single Periodisation

Macro Cycle

Preparatory Period

Competition Period

TP

General Preparation Phase

Special Preparation Phase

Pre-comp. Phase

Main Comp. Phase

Sep

Oct

Nov

Dec

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Double periodization

Macro Cycle-I					Macro Cycle-II						
Prep. Period			Comp. Period		Prep. Period			Comp. Period		TP	
GPP		SPP	PCP	MCP	GPP		SPP	PCP		MCP	
Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug

GPP – General Preparation Period

SPP – Special Preparation Period

PCP- Pre-Competition Period

MCP-Main Competition Period

TP-Transition Period

Psychological pillar of coaching

- **conscience**
- **self-belief**
- **responsibility**

As important as it is to realize things, it's also important to believe in ourselves and assume the responsibilities that lead to the desired change.

Coaching refers to a method of training, counselling or instructing an individual or a group how to develop skills to enhance their productivity or overcome a performance problem

Psychological preparation

Psychological preparation plays a crucial role in the performance of athletes, including players in various sports.

Here are some key aspects of psychological preparation for players:

Goal Setting: Help players set clear, specific, and achievable goals. These goals can be short-term (e.g., improving a specific skill) or long-term (e.g., winning a championship). Goal setting provides players with direction and motivation.

Visualization and Mental Imagery: Encourage players to visualize themselves performing well in their sport. This mental rehearsal can enhance their confidence and performance by creating a sense of familiarity and success.

Self-Confidence: Build and maintain players' self-confidence through positive self-talk, focusing on their strengths and past successes. Confidence is essential for handling pressure and performing at their best.

Focus and Concentration: Teach players techniques to stay focused on the task at hand and block out distractions. Mindfulness and concentration exercises can help players maintain their attention during practices and competitions.

Managing Pressure and Stress: Equip players with strategies to handle stress and pressure effectively. This can include deep breathing, progressive muscle relaxation, and cognitive techniques to reframe stressful situations.

Resilience and Adaptability: Help players develop resilience by teaching them how to bounce back from setbacks and failures. Emphasize the importance of learning from mistakes and maintaining a positive mindset.

Emotional Regulation: Teach players to manage their emotions, such as anger, frustration, and anxiety. Emotional control is crucial for maintaining focus and preventing negative emotions from affecting performance.

Pre-Competition Routines: Develop pre-game routines that help players mentally prepare for competitions. These routines can include visualization, physical warm-ups, and mental readiness exercises.

Positive Team Dynamics: Foster a supportive team environment where players encourage and uplift one another. Positive relationships can contribute to overall psychological well-being and team cohesion.

Communication Skills: Train players to communicate effectively with coaches, teammates, and support staff. Clear communication helps in conveying concerns, understanding expectations, and building rapport.

Time Management: Assist players in balancing their sports commitments with other aspects of their lives, such as school, work, and personal relationships. Effective time management reduces stress and supports overall well-being.

Post-Competition Reflection: Encourage players to reflect on their performance after competitions, focusing on both strengths and areas for improvement. This reflection process aids in continuous learning and growth.

Sport Psychology Support: Consider involving a sport psychologist or mental skills coach to work with players individually or as a team. These professionals specialize in applying psychological techniques to enhance sports performance.

Remember that every player is unique, so tailoring psychological preparation strategies to individual preferences and needs is essential.

Consistent practice of these techniques can help players develop mental resilience, improve their performance, and enjoy their sport more fully.

Short-term Psychological Preparation

Pre-Competition Routine: Develop a pre-competition routine that helps you transition from a regular mindset to a competitive one. This routine can include activities like warming up, visualization, and relaxation exercises.

Focus on Process: Shift your focus from the outcome to the process of performing well. Concentrate on executing your skills, following your strategies, and staying in the present moment.

Confidence Boosting: Recall past successes and positive experiences to boost your self-confidence. Remind yourself of the hard work you've put in and the progress you've made.

Positive Self-Talk: Monitor your inner dialogue and replace negative thoughts with positive affirmations. Encourage yourself and maintain a confident attitude.

Energy Management: Channel nervous energy into positive excitement rather than anxiety. Practice controlled breathing and visualization to manage arousal levels.

Stay Adaptable: Prepare mentally to adapt to unexpected situations, such as changes in schedule or unexpected competition dynamics. Being flexible helps you stay composed under pressure.

Cue Words and Anchors: Use cue words or physical anchors (like tapping a certain spot) to trigger a specific mindset or feeling. For example, a cue word might be "focus" to remind you to concentrate on the task at hand.

Positive Imagery: Visualize yourself succeeding in different scenarios during the competition. This can create a mental library of successful experiences to draw upon during the event.

Stay Task-Oriented: Concentrate on the immediate task rather than the overall outcome. Break down the competition into smaller segments and focus on executing each one effectively.

Preparation Checklist: Create a mental or physical checklist of things you need to do before the competition starts. This can help you stay organized and reduce last-minute stressors.

Both long-term and short-term psychological preparation are essential for successful competition. The long-term strategies build a strong foundation of mental resilience and skills, while short-term strategies help you perform at your best in the heat of the moment.

Consistent practice and refinement of these techniques will enhance your overall competitive performance.

Long-term Psychological Preparation

Goal Setting and Planning: Establish long-term goals that align with your overall development as an athlete. Break down these goals into smaller milestones. Having a clear roadmap can provide direction and motivation.

Consistent Training and Routine: Build a consistent training routine that encompasses physical, mental, and technical aspects of your sport. This routine helps you develop discipline, which is essential for success in the long run.

Mental Toughness Training: Engage in regular mental toughness exercises, such as resilience training, stress management, and coping strategies. These exercises can help you handle challenges, setbacks, and pressure effectively.

Visualization and Imagery: Dedicate time to visualize your long-term success. Imagine yourself achieving your ultimate goals, feeling confident, and overcoming obstacles. This can enhance your belief in your capabilities.

Self-Reflection and Learning: Continuously reflect on your experiences, both positive and negative. Learn from your successes and failures, adjusting your approach as needed. This process of self-improvement is essential for growth.