

**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-IV Technical training and Tactical training**

By

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## **Unit-IV Technical training and Tactical training**

**Technical training-Meaning and methods of technique training. Tactical training-Meaning and methods of Tactical training. Meaning and importance of strategy. Talent identification and development. Main and build-up competitions.**

# **Technique**



**Richard Douglas Fosbury (born March 6, 1947) is an American retired high jumper, who is considered one of the most influential athletes in the history of track and field.**

**At the 1968 Olympics in Mexico City, Fosbury took the gold medal and set a new Olympic record at 2.24**



Besides winning a gold medal at the 1968 Olympics, he revolutionized the high jump event with a "back-first" technique, now known as the Fosbury Flop, adopted by almost all high jumpers today.

His method was to sprint diagonally towards the bar, then curve and leap backwards over the bar, which gave him a much lower center of mass in flight than traditional techniques.

# Technique

**Technique is a scientific and economical method to attain high sports performance.**

**Techniques are the basic movements of any sport or event, e.g. a block start in a 100 metres race.**

**We combine several techniques into a movement pattern, e.g. triple jump - running and then the hop, step and jump phases.**

**Technique is defined as the motor procedure for tackling a motor task. Motor procedure should be understood as a system of movement of body parts in a definite sequence thus we can say that technique is the basic movements is always goal oriented.**

**For team sports: Mechling (1983) defines technique as that movements or part of movements that permit to perform attack and defense actions with a concrete game purpose, and with a quite good execution quality (good with reference to an ideal model).**

# Characteristics of technique

Technique is dynamic and changes with time, practice and new scientific innovations

Developed through practice

Helps of gadgets the technique can be objectified

Rules and regulations of a sport affect further development of technique

Acquisition of technique depends on level of motor components, especially the quality of coordination

# Importance of technique

Fundamental motor skills are prerequisites to the learning of sport-specific skills.

Every sports activity requires to observe certain specific movement procedure to tackle a particular task.

This movement procedure is known as technique and when this technique is learnt and perfected, it leads to skill development.



**Technical skills allow athletes to play the game or perform the motions for their sport.**

**The goal of technical skills is to execute a movement to the best of the athlete's ability.**

**For example, a running back in football might hone their running skills, which can help them move quickly and make fast turns.**

# Phases of Skill Acquisition

- **Rough Co-ordination**
- **Fine Co-ordination**
- **Mastery**

# Methods of Technique Training

**Choice of method depends on**

- **age**
- **sex**
- **training age**
- **the learning efficiency of the sportsperson**

**Proper Sequence**

# **1. Presentation Method**

**Demonstration & Explanation**

# **2. Co-operative Method**

**Skill under the supervision of the teacher who correct him and guides his/her practices.**

# **3. Task Method**

**Teacher assigning task**

# **Cause of Faults and their Correction**

## **Correction of Errors**

# Tactics

Tactical comes from the Greek taktike techne meaning "art of arrangement."

Tactics are actions and strategies planned to achieve an overall objective – in sport that objective is predominantly to win.

Tactics can depend on a number of factors such as

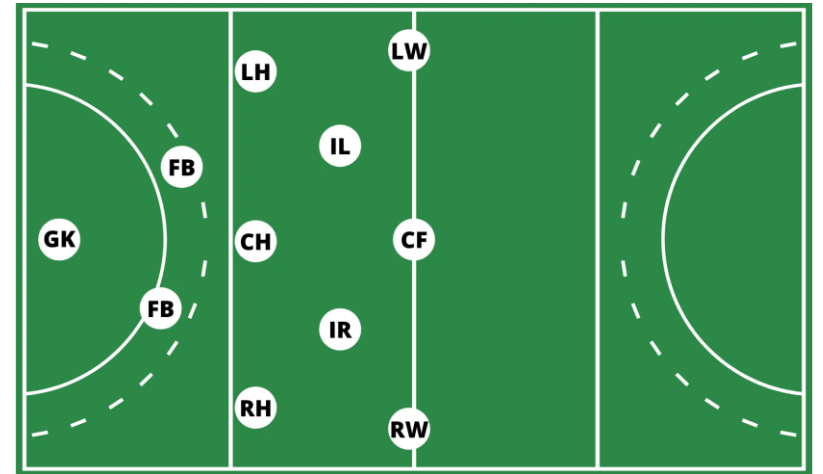
- ✓ opposition
- ✓ players available for selection
- ✓ the importance of the game/match
- ✓ possibly even weather



**When something is tactical, it is artfully arranged, or planned.**

**This most often refers to military or naval operations, but it doesn't have to.**

**Tactics is the art of competing.**



**Tactical conception consists of rules & principles of effectively carrying out a competition.**

**The term tactics and strategy are used interchangeably and synonymously in sports but in true sense their real meaning is different.**

**Strategy is the overall plan of a sportsperson to successfully participate in competition whereas tactics is the actual realization of strategy in practice.**

**The word strategy also means putting the tactics into use as a team effort.**



**Strategy: A plan to achieve a goal is strategy.**

**Tactics: Actions taken to achieve that goal.**

**Strategy: Difficult to change once it's set in motion.**

**Tactics also play an important role in sports and things such as**

- systems of play**
- opposition strengths and weaknesses**
- own strengths and weaknesses**

**need to be considered if a positive outcome is sought.**

**Combining an awareness of both technical and tactical skills is likely to improve performance even more.**

**If your team has a strategy, you'll see improvements in players' individual performances.**

**Each player will be more aware of their individual aims and their place in the team as a whole.**

**Formulating strategies will involve open conversations and lots of set planning of techniques and tactics.**

# Tactical training

**Tactical preparation is the process of acquiring professional knowledge by players, learning and improving skills that enable the player to choose the optimal solution in each game situation and apply it effectively.**

# Importance of strategy

**Having a clear and focused strategy is critically important to the success of your business, and without a well-defined strategy, yours may stall or even fail.**

**If you can take the emotion out of your decision-making process, you'll have a business and a team that is more focused, more productive, and more profitable.**

# Tactics

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# Methods of Tactical Training

## 1. Acquisition of Special tactical knowledge

**Stage 1: Explanation of rules and regulations of the game**

**Stage 2: Description of playing system whereby position in the game, the functions of the players are clearly indicated**

**Stage 3: Detailed analysis of the phases of play**

**Stage 4: Theoretical solution of tactical exercises of different degrees of difficulty**

## 2. Consolidation of Special Tactical Knowledge

## 3. Development of Creative Abilities

# **Main and build-up competitions**

**A fully trained sportsperson should participate in as many as 20 to 50 competitions in a year out of which 3 to 4 will be main competition and remaining major and preparatory (build-up) competitions.**



# **Proper preparation – Physical, Mental, Technical and Tactical preparation**

**The degree of competition should be gradually increased**

**Opponents of equal and higher performance standard must be arranged**

**The frequency of the competitions should not disturb by the normal training**

**The Schedule of the competition should be such that the sports person attains peak performance at right time**

# Frequency of Competitions

- **Capacity of the sportsperson**
- **Training age**
- **Speed & Explosive strength dominated sports – 1 or 2 competitions per week**
- **Endurance & Strength Endurance – 2-week interval between 2 competition**

## Main

- Most importance Competition
- Olympic Games, World Cup, Asian Games, Commom Wealth
- 3 to 4 Competitons per year (Well distributed time)
- Fall outside the sports training process

## Major

- Significant but are less important as compared to Main
- National Championship & National Selection
- Part of training process of the sportsperson

## Build-up

- Development of sports performance for major & main
- Fall within the process of sports training
- Each Competition must have its own goal

# Preparatory (Build-up) Competition

- **Getting used to contest situations**
- **Development and testing of definite motor qualities**
- **Testing technique**
- **Executing definite tactical task**
- **Getting used to definite competition sites**
- **Development of Self-Confidence**

**The build-up competitions are spread over the entire training year.**

**During the preparatory periods these competitions must be planned in such a way so that the sportsperson is confronted with situations where the degree of difficulty is systematically increasing.**

**Build-up competitions during preparatory periods should develop general sports form.**

# Preparation

- **Adjustment to the opponent**
- **Adjustment to competition time and duration**
- **Adjustment to competition rules**
- **Adjustment to competition apparatus and equipment**
- **Adjustment to special features of the competition site**
- **Adjustment to daily rhythm (Biological Rhythm)**
- **Adjustment to climate conditions**

- **Training**
- **Massage**
- **Relaxation**
- **Stimulating talk**
- **Occupation in some kind of work**
- **Witnessing a cultural event**
- **Reading of literature**
- **Participation in a social event**

# **Talent identification**

**Talent identification is screening of youngsters those who most likely to succeed in sport and directing them towards the sport to which they are most suited.**

**However, it is not enough just to identify talent, it must also be developed through the provision of appropriate training programmes throughout the development stages.**

**Raw talent should be groomed.**



**It can be argued that the best form of talent identification is competition.**

**The talented athletes will identify themselves through their performance.**

**Predictions about the possibility of success in other sports.**

**It takes many years of regular training to reach the top in most sports.**

**Identification of talent for a beginner's development.**

**The choice of sport or event in most cases must occur during the athlete's growth period.**

**Each Child develops at a different rate.**

**The early identification of talent leads to improved performance.**

**If techniques are developed early young athletes will have attained a high standard of performance by the time, they reach open competition.**

**Potentials rigorous training programmes, fine tuned as the athlete grows & develops.**

**There are a variety of factors involved in a particular sport.**

**The key factors must be determined by a task analysis of sports environment.**

**The raw talented trainees should be groomed by his coach.**

**Once the talent is found, then scientific & systematic training is absolutely essential.**

**Some trainees show greater potential in earlier stage, while some shows bit later.**

**It is a process identifying potential champions.**

- **Anthropometrical**
- **Physical fitness components**
- **Physiological variables**
- **Psychological factors**
- **Skill**
- **Field test**
- **Laboratory test**