



BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI - 620 024

(Accredited With A+ Grade By NAAC In The Third Cycle)

Department Of Physical Education And Yoga

Bachelor Of Physical Education (B. P. Ed)

CC- VII SPORTS TRAINING (21BPE31)

Sem. -III

Credit-4

Unit-4

Technical Training and Tactical Training

Meaning of Technical training:

- Technical training in physical education focuses on developing specific skills and techniques required for various physical activities and sports. The goal is to enhance proficiency, performance, and overall understanding of these activities.

Methods of Technical training:

Drills and Repetition: Repeating specific movements or techniques to build muscle memory and improve accuracy and efficiency.

Feedback and Correction: Providing immediate and constructive feedback to correct mistakes and refine techniques.

- **Video Analysis:** Using video recordings to analyse and improve technique by identifying areas of strength and weakness.
- **Simulation and Game-Like Scenarios:** Practicing techniques in conditions that closely mimic actual game situations to enhance applicability and readiness.

- **Strength and Conditioning:** Building the physical attributes, such as strength, flexibility, and endurance, necessary to perform techniques effectively.
- **Individualized Training Plans:** Tailoring training programs to meet the specific needs and goals of each individual.
- **Use of Technology:** Employing devices and apps for tracking performance, providing virtual coaching, and delivering personalized feedback.

Meaning of Tactical training:

- Tactical training in physical education and sports focuses on the strategic aspects of performance, including decision-making, game awareness, and the implementation of strategies and tactics during play.

Methods of Tactical Training:

- **Scenario-Based Drills:** Practicing specific game situations to develop responses to common scenarios encountered during play.
- **Game Simulations:** Conducting practice games that mimic real matches, allowing players to apply tactics in a controlled environment.

- **Video Analysis:** Reviewing game footage to analyze and understand tactical decisions, both good and bad, and learn from them.
- **Small-Sided Games:** Playing games with fewer players to emphasize specific tactical elements and decision-making under pressure.
- **Role-Playing:** Assigning players specific roles or scenarios to focus on particular tactical aspects, such as defending a lead or executing a fast break.
- **Feedback and Discussion:** Providing constructive feedback and encouraging discussions about tactical choices and their outcomes.
- **Opponent Analysis:** Studying opponents' strengths, weaknesses, and tendencies to develop effective game plans.

Meaning of "strategy"

- The meaning of "strategy" in the context of physical education and sports refers to a comprehensive plan designed to achieve specific goals during physical activities or competitions. It involves making decisions about how to utilize available resources, such as players, time, and space, to gain an advantage over opponents and succeed in achieving the desired outcomes.

Importance of strategy:

1. Enhances Performance:

- **Optimizes Resources:** By strategically using available resources, including player skills, time, and physical conditioning, performance can be maximized.
- **Focuses Efforts:** Strategy helps focus efforts on areas that will most likely yield positive results, ensuring that time and energy are used efficiently.

- **Maximizes Strengths and Minimizes Weaknesses:**
- **Leverages Strengths:** Strategies are designed to capitalize on the strengths of individuals and teams, allowing them to perform at their best.
- **Compensates for Weaknesses:** Effective strategies can also help mitigate weaknesses, providing a balanced approach to competition and play.
- **3. Provides Direction and Purpose:**
- **Clear Goals:** Strategy gives players and teams clear goals to aim for, creating a sense of purpose and direction.
- **Structured Play:** A strategic plan offers a structured approach to play, helping teams stay organized and cohesive.
- **4. Creates Competitive Advantage:**
- **Outmanoeuvres Opponents:** A well-crafted strategy can provide a competitive edge, allowing teams or individuals to outthink and outmanoeuvre their opponents.
- **Adaptability:** Strategic thinking includes the ability to adapt to changing circumstances, which can be crucial in dynamic and fast-paced sports environments.

- **5. Improves Decision-Making:**

- **Informed Choices:** Strategy involves making informed decisions based on analysis and planning, which can improve the quality of choices made during play.
- **Quick Adjustments:** Having a strategic framework allows for quicker and more effective adjustments in response to opponents' actions or unexpected events.

6. Fosters Teamwork and Communication:

- **Coordination:** Strategy requires and fosters coordination among team members, ensuring that everyone is working towards the same goals.
- **Communication:** Effective strategies depend on clear communication, which can improve overall team dynamics and performance.

7. Enhances Learning and Development:

- **Understanding the Game:** Developing and implementing strategies helps players gain a deeper understanding of the game, including its rules, tactics, and nuances.
- **Skill Development:** Strategic practice and play can lead to the development of new skills and the refinement of existing ones.
- **8. Increases Confidence:**
- **Preparedness:** Knowing that there is a plan in place can boost players' confidence, as they feel more prepared to face their opponents.
- **Mental Toughness:** Strategic thinking can also enhance mental toughness, as players learn to stay focused and composed under pressure.

Talent Identification:

- **Observation and Assessment:** Teachers observe students' performance in different physical activities, looking for exceptional abilities such as speed, agility, strength, coordination, and endurance.
- **Testing:** Standardized tests and measurements (e.g., fitness tests, skill drills) can help identify physical attributes that are indicative of talent in specific sports.
- **Performance Analysis:** Evaluating students' performance during PE classes, games, and competitions to spot those who consistently perform above average.
- **Psychological Factors:** Assessing motivation, focus, resilience, and other psychological traits that contribute to athletic success.

Talent Development:

Skill Development: Providing training to enhance fundamental skills and techniques in various sports.

Personalized Training Programs: Developing individualized programs based on the student's strengths, weaknesses, and interests.

Advanced Coaching: Access to specialized coaching to refine skills and improve performance.

Support Systems: Offering nutritional guidance, psychological support, and injury prevention strategies.

Opportunities for Competition: Encouraging participation in higher-level competitions to gain experience and exposure.

Monitoring and Feedback: Regular assessment of progress and constructive feedback to guide improvement.

1. Main competition

2. Build-up competition

Main competition

- This is the most important competition for a sportsman in a year or in a definite period of time. Olympics, world cup, Asian games etc. fall in this category. Sports training are done in order to achieve top form in the main competition.

Build-up competition

- These competitions are part and parcel of sports training. These competitions are used for achieving top form during the competition period. These can also be used to assess the effect of training. Build-up competition is of high importance for the development of performance capacity and top form. These can also be had during the preparatory period.

E.g. District level competition, state level competition etc.

Thank
you