



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

# NON-FITNESS COMPONENTS OF SPORTS TRAINING

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# Technical Preparation

- The aim of technical preparation is to create and improve sports skills.
- **Technique** is the optimal way of solving motor skills
- Specific individual adjustment of technique by an athlete is referred to as **style**.
- The process of acquisition of motor skills based on knowledge of **motor learning**

# Stages of Technical Preparation

Accomplishing the aim is conditioned by:

- understanding the technique as a unity of its internal and external features,
- step-by-step procedure of its acquiring,
- stabilizing the technique,
- comprehensive conception (contents organization),
- conscious activity of both the athlete and coach.

In practice, the following stages appear:



**Drill**



**Improving**



**stabilization**

# Drill

## Tasks:

- learning the objectives of selected sports discipline,
- drilling the technical basics of relevant sports skills

This stage proceeds in the following axis:

- introduction (rules, feeling the water, ball etc.),
- defining the task (coach's input, athlete must identify him/herself with the image),
- creating image,
- initial attempts (verifying the image under simplified conditions), repeating („repeating without repetitions“).

# Improving

## Tasks:

- firming, improving and subsequent adjusting techniques in given specialization,
- gradual interconnection of technique and fitness requirements and physiological functions of the athlete,
- focussing the stage aims at further shaping the image.
- Firming and improving is carried out through sophisticated repetitions of relevant exercises which lead towards automation.
- **The main aim of this stage of technical preparation is final technique firming and stabilization.**

# Stabilization

## Tasks:

- firming and stabilization of sports skills complexes as units which are ready to be involved in programs for competitive activities of the athlete,
- mutual interconnection, combination and adjustments of these units to most demanding conditions under which sports activity is employed,
- attempts to firm and stabilize lead to another, more in-depth, uniting of technique, fitness, psyche and tactics into highly functional units.

## Methods of Technical Preparation:

**Methods:** analytic, analytic-synthetic, concentration, dispersion.

**Procedures:** whole, from whole to part, from part to whole.

# Tactical Preparation

**Strategy** is understood as a pre-prepared plan of actions in a specific competition

**Tactics** further analyzes and shows possible solutions of individual competition situations (conflicting situations),

Acquiring tactical skills presupposes influencing the athlete's:

- perception (space, rhythm, objects),
- thinking and decision-making (analysis, synthesis, generalization, intuitive solutions
- solutions outside the scope of perception),

**Solving practical situations is based on the level of preparation during training and the extent of their indefiniteness**

**Algorithmization** (standard situations I.) the athlete chooses from several pre-peraded solutions (A, B, C options). Medium indefiniteness.

**Patterns** (standard situations II.) everyone knows what to do in a given situation, both me and other team-mates (e.g. direct free kick, offensive combination, service in volleyball. Minimum indefiniteness.

Instant unprepared solution is **improvised**. Creativity is of very high importance. High indefiniteness.



# Psychological Preparation

**The aim of psychological preparation is to make use of psychological findings to increase efficiency of other sports training components and, within competition, fix efficiency at the level equal to acquired training level.**

The approach of psychological preparation deals with:

- model training,
- regulation of current mental states,
- regulation of interpersonal relationships,
- influencing the personality of an athlete.

# Model training

**Adaptation stimuli are represented by situational influences which negatively influence the athlete's activity with their psychogenic effects.**

**Coach is required to be inventive, creative, like an actor or director, and able to convincingly influence his trainees who on the other hand must cooperate during model training by accepting the rules of the model.**

# Regulation of Current Mental States

Current mental states can be divided into:

- **Pre-start states,**
- **Competition states**
- **Post-competition states**

**Pre-start states** – they appear when the athlete realizes he/she participates in an important competition. These states gradually melt into in-competition states.

**Post-competition states** – they are evoked by subjective assessment of the course of competition and can last for several hours.

According to level of activation and its direction:

- too high level of activation (start fever) – negative (aversive jitters), positive (eager jitters),
- low level of activation (start apathy, indifference, apathy).

Means of regulations can be divided into for groups following their aim:

- lowering activation,
- increasing activation,
- lowering negative experience of failure,
- removing psychological effects of fatigue.

# Regulation of interpersonal Relationships

**competition X cooperation**



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Thank you for your attention