



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

# BASIS OF SPORTS TRAINING

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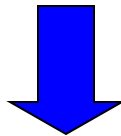
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All activities which are part of human behavior were subject to a long-term development.

**Throw**



**Fundamental skill**

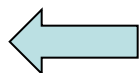


extent to which motor task is accomplished

**Performance**

Rules athletics

Food



?meaning?



Length of throw



**Sports performance**

**Sport** is seen as an organized, competitive, entertaining activity requiring skills, abilities, commitment, strategy, and fair play, in which the winner can be determined by objective means under the rules of a particular sport.

**Sports performance** is understood as an extent to which a motor task limited by rules of a given sports discipline is accomplished.

An ability to achieve a given sports performance repeatedly is referred to as **efficiency**.

**The aim of sports training** is to achieve maximum individual or team efficiency in a selected sports discipline limited by rules.



„ Achieving high performance in any activity not from day to day,,

## Requirements for performance (efficiency)

- ➔ **Motor abilities** can be described as relatively stable sets of inner genetic presuppositions needed to carry out locomotive activities.
- ➔ **Sports skills** are presuppositions needed for implementing performance in a selected sports discipline which is limited by rules.
- ➔ **Motivation** is understood as an inner incentive to carry out certain activity.
- ➔ **Tactics** means conducting a sports competition in a purposeful way.

# The contents of sports training

The **contents** of sports training consists of individual key areas which are called **components of sports training**:

**Physical**

**Technical**

**Tactical**

**Psychological**

- **Physical component** is generally focused on developing motor abilities
- **Technical component** focuses on acquiring sports skills through motor learning
- **Tactical component** focuses on acquiring and further development of different ways to conduct sports contest on a purposeful basis.
- **Psychological component** is focused on improving the athlete's personality

# Characteristics of Sports Training Components

**Physical component** is primarily oriented towards systematic development of motor abilities and their manifestation through sports skills in a selected sports discipline.

force

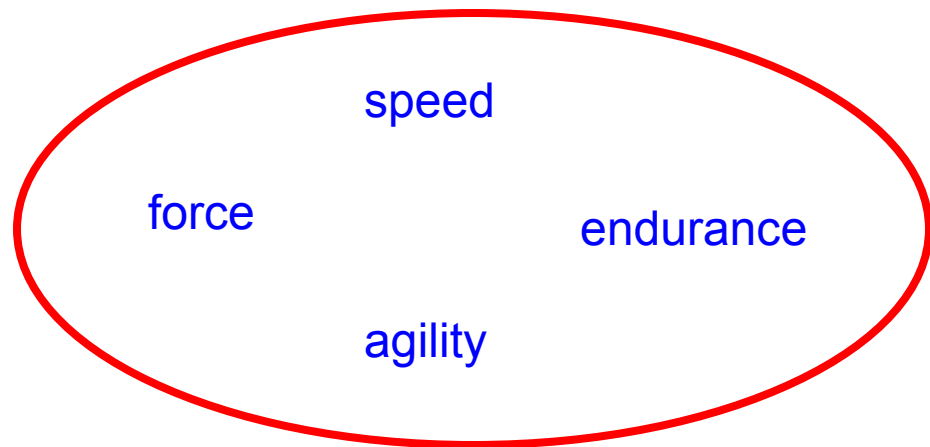
speed

endurance

coordination

Basic differentiation of motor abilities is not sufficient to describe the manifestation of individual abilities within the specific sports discipline.

therefore distinguish :



**Force:**

The ability to develop a high power output in single action during competition such as kicking in soccer and jumping in basketball.

**Endurance:**

The ability to perform prolonged exercise (cross country skiing)

**Speed:**

The ability to sprint (run 100m)

**Agility:**

The ability to exercise at high intensity which are the basis on acceleration, maximum velocity and multidirectional change of movement (evasive action)




# Characteristics of Technical component

Technical training focuses on acquiring, keeping and transferring **motor skills**.

**Motor skills:**

Fundamental

 **Sports skills** are based on contents of a specific sports discipline

 **The aim** of developing these skills is acquiring high level of automatization

# Characteristics of Tactical Component

**Tactical component** of sports training focuses on different ways to conduct sports competition towards victory.

**Strategy**

**Tactics**

**Strategy** means a plan which was created beforehand and is based on experience with a purposeful conduct of sports competition that has proved to lead to an expected result in a specific competition.

**Tactics** means practical execution of strategy in a specific race situation.

# Characteristics of Psychological Component

**Psychological component** focuses on positive influence on the athlete's personality as far as fair play is concerned in dependence on the length of sports training with the aim to achieve maximum efficiency in senior age.

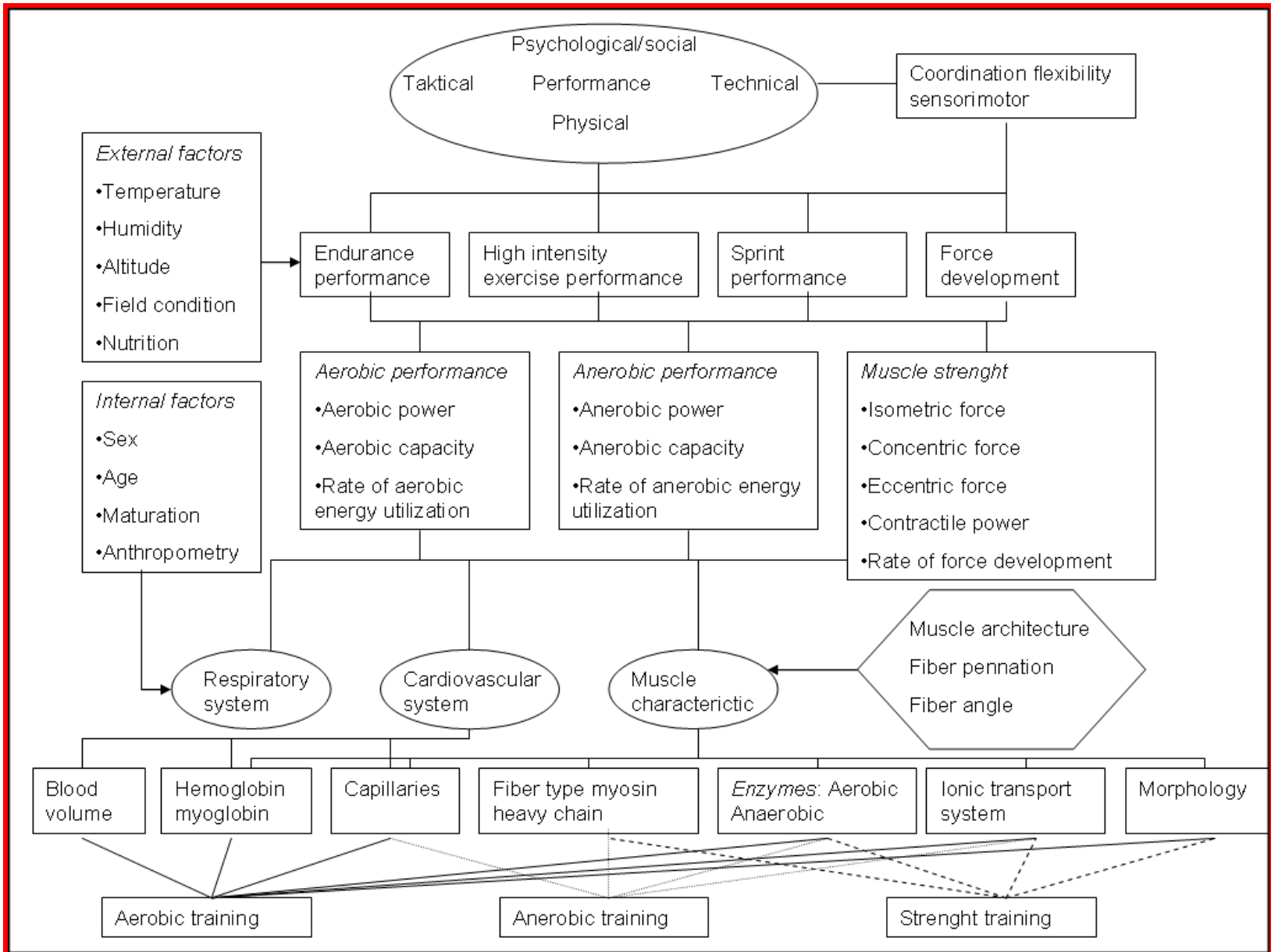
Personality of each individual is characterized by a number of factors:

➔ **Temperament** which is manifested on the outside through emotions and is related to the dynamics of mental processes.

➔ **Qualities of an individual** are innate and are characterized with four dimensions: direction, intensity, scope and duration.

➔ **Attitudes** are – as opposed to qualities – acquired and they are repeatedly manifested in given situations.

# Structure of Sports Performance



# Practical Realization of Sports Training

Methods

Interrupted

Means

Run

Forms

Individuals



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Thank you for your attention.