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Training

It is well known that sports training is a main characteristic of the sport phenomena. The ability to overcome obstacles is a defining aspect of this characteristic and an essential component for success. Globally sports training is, as one of its major principles, the achievement of a maximum sports performance.

The preparation of a team for a sport competition expects that all athletes, individually or in a group, will be able to solve the situations that they face during the competition when they try to obtain victory.

Usually the goals are:

- 1) Control of the techniques and tactics of the sport.
- 2) Adaptation of the body to the high efforts required when training and in the competition, leading to an improvement of the capacities of physical work and to the acquisition, maintenance and development of sport qualities such as speed, strength, endurance and coordination.
- 3) Progressive habituation of the athletes to the psycho-emotional demands of the competition.

It is during the training process itself that the athletes get used to the intense physical exercise, to the performance of the techniques and to the interpretation of the tactics. It is during the training process that their capacities are increased. And it is during training that we must take advantage of the skills of each athlete, guiding the individual to the tasks that are better suited to their personal characteristics.

Therefore we can say that sports training tries to establish through its effects an adaptation of the athlete to the conditions that are imposed on him, through training and competition in order to assure a maximum efficiency with a minimum waste of energy and a fast recovery.

Sports training is a serious and complex subject that demands study, knowledge in its application and it does not work with superficial attitudes and occasional methods.



Sports training requires and demands strong and substantial study, an active and creative attitude by the coach.

No doubt that sports training at a level of high competition needs technical and laboratorial means and medical support to assist all involved in the field in addition to the organisational, planning and control work.

In order to try to achieve THE FINAL PURPOSE OF TRAINING, justified by its own existence, a complex process of exercise must be created that is conditioned by its biological and pedagogical principles that must be fully respected.

All this aims to achieve the necessary adaptation of the athletes' body to the morphological, functional, technical, tactical and psychological levels that are required by the competition itself.

This process of ADAPTATION is based upon the quality of the human body that allows it to react to external stimulations that disturb its balance. Trying to achieve goals set, despite this reaction by demanding adaptation to the situation that produced disorder, created a new superior qualitative balance.

It is through the correct direction of this relation STIMULATION – ADAPTATION by the coach, that the desired evolution of the athlete is achieved, which will be tested in terms of results in the competition.

It is also very important to know THE SPORT AND THE ATHLETE.

Nowadays it is very important to:

Make the athlete aware of the demanding work

Work on coordination

Work on speed within the individual technique and tactic

Work with higher intensity and shorter breaks

Improve the flexibility

Dedicate extra time to the specific training of the goalkeepers

Create exercise with better quality and

Organise Integrated Trainings

Above all, the most important thing is to define from the first day an ideal and the philosophy of the game. Then guarantee stable physical conditions. Finally, maintain high levels of confidence in the group.



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