



AIMS AND OBJECTIVES OF SPORTS TRAINING

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Abstract: The Sports training is understood as a process of systematic development of each component in dependence on the duration of preparation which leads to achieving maximum efficiency in senior age within the selected sports discipline. In the broad sense sports training is the entire systematic process of preparation of athletes for highest levels of athletic performance. It comprises all those learning influences and processes, including self tuition by the athlete, which are aimed at improving performance. All activities which are part of human behavior were subject to a long-term development. Let us take throwing, which is regarded a basic motor activity, as an example. In the deep past, throwing was necessary for feeding and defense. At present, throwing has lost its importance as one of the above mentioned activities but it is involved in different sports to a great extent (e.g. athletics, handball, baseball, etc.). The task of a prehistoric hunter was to hit the target precisely to get food. The aim of a present-day athlete is to throw the javelin as far as possible. The result of the activity in both examples can be considered a performance. Performance is understood as an extent to which motor task is accomplished. With the prehistoric hunter, performance is evaluated dichotomically: hitting the target or missing and it is not restricted by any rules. In the case of the athlete, performance is evaluated following rules of the sports discipline which were set in advance, it is expressed by the length of the throw and is understood as a sports performance. An ability to achieve a given performance repeatedly is referred to as efficiency.

Keywords: Sports Training, Need, Importance

Introduction:

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Aims and Objectives

The following are the Aims and Objectives of Sports Training:

- Develop skills and fitness specific to a particular sport
- Appreciate and be able to execute strategic play
- Participate at a level appropriate to one's developmental stage
- Provide reasonable leadership

- Work effectively within a group toward common goals
- Appreciate the rituals and conventions that give particular sports their unique meanings.
- Develop the capacity to make reasoned decisions about sport issues
- Talent Scouting at micro level & Nurturing talent towards excellence
- Training & International Exposure
- Support Training with Scientific & Sports Equipment and scientific personnel
- Monitor and enhance Performance with a scientific evaluation system
- Training and preparation of National teams
- Sports Infrastructure Development & Maintenance
- Maintenance and up gradation of 4 stadia complexes and a shooting range in Delhi
- To produce coaches and physical educationists of high caliber in different disciplines of sports to broad base sports .
- A new powerful way to use yourself as an instrument of influence and change; a way to grow in your presence as a person and in confidence
- How to acquire knowledge, experience and method in order to be effective in human relationships as a consultant, coach or an employee
- To develop awareness of power and relational issues in groups and organizations
- A way to use process in order to intervene in a system, understanding smaller, larger and hierarchical systems in process
- How to develop confidence and a better understanding of how to deal with conflict situations creatively and with clarity
- To develop intervention and collaboration skills increasing leadership capacity & skills
- To raise awareness for change and learning processes in organizations

Conclusion:

Sports training focuses on reaching maximum efficiency in motor abilities connected to a certain sports discipline. Supposed performance depends on motor ability and motor skill which are closely related to the sports discipline.

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