

GLOSSARY:

Endurance: The ability of an individual or individual's muscle, or a group of muscles, to sustain repeated contractions or to continue an action for prolonged period of time delaying the onset of fatigue.

Flexibility: Flexibility refers to the range of movement of the sportsperson or any individual. It is the quality of bending easily without breaking.

Mobility: The ability or the quality of being mobile that is the ability to move freely and easily.

Motivation: Motivation is an inner or outer state of mind that activates and directs one's behaviour. It is externalized by our behaviour which is driven by either an intrinsic or some extrinsic factor.

Motor Ability: The ability to perform complex muscle and nerve acts that produce movements or fine movements.

Speed: The ability to make quick alteration of movements in the shortest possible time is called speed.

Sport Specialization: Sports Specialization is the intense training in one sport while excluding others.

Sports Training: Sports Training is the systematic and scientific pedagogical process of training a sportsperson physically, mentally, technically and tactically so as to bring about the best performance or top level of performance.

Tactic: Tactic refers to the intelligent use of technique at the time of the competition.

Technique: Technique is a theoretical model; it is scientific and 100% efficient. It is subdivided into three parts the technique, skill and style.