

SUMMARY:

There has been an evolutionary growth in the performance standards of athletes in all types of games and sports at various levels. The improvement in the performances which was earlier dictated by practice and practice alone has changed over time and is now based on the principle of scientific and systematic training and the assistance and hard work and brains of the sports scientists who work endlessly. Sports training, as a discipline is one which if neglected will show its effects on the performance of the sportsperson, may be not in a negative way but certainly there will not be any improvement as if the person is not aware of the principles that assist in the training process he will be training but without any milestones and without a destination.