

## **FAQs:**

### **Q1. What are the basic considerations of technical and tactical training?**

**Ans.** The technique and technical training in sports is based on four basic considerations:

- To determine an aim or what is to be taught
- How is the technique realized in motor action
- How is the motor coordination improved and perfected
- How the motor learning process can be positively affected in training.

### **Q2. Define technique.**

**Ans.** Technique is a way of carrying out a particular task, especially the execution or performance of an artistic work or a scientific procedure; it is the skill or ability in a particular field; or a skillful or efficient way of doing or achieving something.

Technique is a scientific and economical method to attain high sports performance. Technique consists of three parts namely, the technique, skill and style.

### **Q3. What is the meaning of skill?**

**Ans.** The execution of the theoretical model into action is referred to as skill. A motor skill is acquired through a long and continuous process of motor learning. Skill denotes the level of effectiveness with which a movement or motor skill or technique can be done. It is not an easy task to master the theoretical model, even the top level of sportsperson can reach a maximum of 80 to 85% of mastery over the theoretical model or motor movement.

### **Q4. What do you understand by style?**

**Ans.** Style is an individual's expression of technique in motor action. No two sportsperson are alike and hence the style differs when it comes to the execution of the motor actions or technique. Therefore, each sportsman, because of his peculiar psychic, physical and biological capacities realizes the technique in a different manner.

### **Q5. Discuss the importance of technique in sprinting events.**

**Ans.** The aim of technique in sprinting events is to ensure maximal forward locomotion with high generation of force for short duration. It is important that the few movements that are involved are learnt by the athlete. These movements are usually simple but as they are to be executed at high speeds than compared to endurance, hence the role of technique important. For example: sprinting events in track and field, more specific example is the finishing of a 100 m event in track and field, these days the winner of the race is decided by torso finish hence the athlete should learn the technique and use it to his advantage during a competition.

### **Q6. How can you determine the importance of technique in different sports?**

**Ans.** It is difficult to determine the relative importance of factor technique or coordination in different sports. But the extent of importance of this factor can rightly be said to be depending on the following three aspects:

1. Number of techniques involved in the game or sport
2. Degree of difficulty of the technique
3. Variable applicability of technique and its variations.

**Q7. What is skill acquisition? Discuss the factors that influence the process of skill acquisition.**

**Ans.** The process of skill acquisition is essentially a process of refinement and stabilization of motor coordination. This process, however, is influenced by a number of factors which if properly managed can make motor learning more effective and faster, the most important among these factors being:

- Information essential for learning
- Training state
- Motivation and interest.

**Q8. Describe the Phase I of skill acquisition.**

**Ans.** The first phase or phase I begin with the introduction of a sportsperson to a movement or technique that he has to learn and ends with the achievement of rough coordination. That is the sportsperson is able to do the complete movement but with several errors and mistakes. The length of this phase may depend on the complexity of the skill to be learnt. In the case of complex techniques for example pole vault this phase may last for several weeks; but in case of simple techniques like dribbling in basketball it is much shorter.

**Q9. List the methods of technique training.**

**Ans.** Methods of technique training essentially concern the regulation of the activity of the teacher and taught for the purpose of enhancement of motor learning. There are three methods of technique training which are used in different forms in technique training.

1. Presentation Method
2. Cooperative method
3. Task Method

**Q10. Explain any two methods of technique training.**

**Ans.** The explanation of two methods of technical training is given below:

- 1. Presentation Method:** In this method the teacher is active and the student is physically passive but mentally receptive. The main task accomplished in this method is the presentation of information and knowledge about the movement to be learnt by the student. In sports, presentation method is used in three forms which are demonstration, explanation and lecture.
- 2. Cooperative method:** In this method the student and the teacher are both active. The most common variation of cooperative method is movement practice. In movement practice the student does the movement for optimum number of times while the teacher is constantly supervising, helping and correcting him. There is a high degree of interaction between them, mental as well as physical. There is a constant flow of information between the two.