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Lecture - 181

DEFINITION OF TECHNIQUE AND SKILL, IMPORTANCE OF TECHNIQUE, PROCESS OF SKILL LEARNING AND METHODS OF TECHNIQUE TRAINING

INTRODUCTION

For a sportsperson to engage in games and sports, it is essential to have knowledge of the movement patterns involved in it. The movements vary and a unique set of movements are required to perform in specific games or sports activity. A sport movement is a motor action which is complete in itself. Efficiency or effectiveness of these sports movements determines the level of performance in a given sport. Techniques are of high importance in any sport as it is through the implementation of these technical actions that the given tasks in sports training or competitions are tackled. Technical training forms a major portion and an important part of the total process of training.

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

- To determine an aim or what is to be taught: In each sport certain tasks have to be fulfilled or tackled during competition. Each task can be tackled in one or more ways or in other word motor procedures. The best motor procedure of tackling the task has to be determined and consequently taught to the sportsperson.
- How is the technique realized in motor action: After the determination of the motor skill to be taught it is essential to determine the way in which this motor procedure is realized into actual motor action by the sportsman.
- How is the motor coordination improved and perfected: The third consideration is to find out the ways and means of perfecting and refining the motor action as it is essential for improving the effectiveness of the motor action. The process of

improving and perfecting the motor coordination is called the motor learning process.

- How the motor learning process can be positively affected in training: After the motor learning process the next step is to study and explore the ways and means of organizing and implementing technique training in such a way that motor learning takes place faster and effectively

Definition of Technique and Skill

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.

- **Technique** which is also known as the theoretical model or a blueprint which is available in black and white that is in the books. It is based on scientific principles and formulated by experts and has hundred percent efficiency. These theoretical models are developed based on continuous research on top level sportspersons.
- **Skill**: 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.
- **Style**: 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.

Importance of technique

Technique forms the core of all games and sports. Though the technique required in each sport may vary as in different sports different types of tasks have to be tackled. Therefore technique aims at different things in different sports. There are numerous techniques that are used in different games and sports hence it will be difficult to explain the importance of each and every technique however the general importance of techniques in different sports is discussed in brief:

- **Importance of technique in endurance sports:**
The main focus here is ensuring high movement economy or the reduction in energy expenditure. The number of technique involved in endurance sports such as long distance running, cycling, rowing etc. are limited and hence takes a shorter duration to learn. It is very important for an athlete or a sportsperson to execute the correct technique to minimize expenditure of energy and guarantee maximum performance capacity.

- **Importance of technique in Sprints:**

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 is 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.

- **Importance of technique in power sports:**

In power sports the technique is important at generating maximum force for imparting maximum speed to the body or to an implement. The movement must be performed with high coordination so that the force generated by different muscle groups or body parts can be effectively summated to achieve the principle aim of technique. In these sports too normally the number of techniques to be mastered are few however they are complex and may take much longer period of training for perfection.

Examples of power sports are shot-put, high jump, pole vault, weightlifting, etc.

- **Importance of technique in technical sports:**

These are sports characterized by a large number of techniques with a very high degree of difficulty. The technique aims at executing a movement or combination of movements or elements with high quality combined with grace and beauty. Because of several techniques, their high degree of difficulty and constant introduction of new and more difficult exercises the importance of technique in these sports is very high.

Few examples of technical sports are gymnastics, diving, synchronized swimming, figure skating, etc.

- **Importance of technique in regulatory sports:**

In these sports technique is important for regulating a system consisting of sportsman and some equipment, automobile or animal. The force for movement is external and the sportsman has to control and regulate it to get best results.

Examples include sailing, motor sport, equestrian, etc.

- **Importance of technique in combat sports:**

In combat sports it is important to execute the techniques or learned movements for tackling a task in consideration of the situation including opponent and tactics. In these sports technique is mostly used as a tool for effective tactical action. A large number of techniques are required to be learnt and mastered along with their variations.

Examples of combat sports are boxing, judo, wrestling, etc.

- **Importance of technique in team games:**

The technique aims at tackling a task in consideration of situation, opponent, team mate and tactical aim. Like combat sports, in team games also technique is normally subordinated to tactical action. Large number of techniques and their variations has to be mastered with the aim of applying these under different conditions from tactical aspect.

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.

Process of Skill Learning

Learning is a fundamental activity in human life and plays an instrumental role in the development of personality. Learning activity is basically of two types: mental learning and motor learning or in simple terms classroom learning and practical learning which involves the learning of techniques. In the field of sports too both the types of learning though motor learning takes precedence over classroom learning.

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

The process of skill acquisition or motor learning on sports training is a long process. As the nature of motor learning or skill acquisition is not uniform throughout, therefore, different types of means and measures are adopted to affect it positively at different times. The skill acquisition process is normally divided into three phases:

a) Phase I

This phase begins 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.

b) Phase II

This phase starts with the acquisition of rough coordination and ends with the acquisition of fine coordination. That is the sportsperson is able to do the movement nearly perfectly under normal conditions; but he or she is unable to do so under changed or difficult conditions. In this phase motor coordination undergoes vast changes. The phase is usually much longer than the earlier one and is also more hard on the sportsperson.

c) Phase III

This phase starts with the achievement of fine coordination and ends with achievement of mastery of the technique. As a sportsperson cannot master a technique cent percent, therefore this phase is never ending. Moreover several factors like growth, periodization, change in technique model etc. keeps affecting the skill level and as a result this phase of skill acquisition never ends.

Mastery of technique denotes the ability of the sportsperson to do the movement nearly perfectly under all types of conditions – normal, changed or difficult.

Method of Technique Training

Methods of technique training essentially concern the regulation of the activity of the teacher and the 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:** 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.
3. **Task Method:** In task method the teacher gives different types of tasks to the students which they must fulfill on their own. In this method the teacher is passive and the student is more active. It may involve discussion, observation task, movement task, training task, planning task, etc.

CONCLUSION

Technique training forms a very important part of sports training and is essential in accomplishing the aim of sports training that is the achievement of top level of performance. Hence it is essential that the technical development of the sportsperson should be given due consideration as it one of the four pillars of sports training. Without the development of all the aspects of sports training it is impossible to reach the optimum performance.