

SUMMARY:

Technical training forms one of the most important components of sports training as it sets the base for tactical training. When an individual has reached a certain level of physical fitness and his muscles are developed only then the individual can execute the techniques with efficiency. The level of accuracy of the technical training of the sportspersons determines whether or not he or she will be able to reach the optimum level of performance or not, which is the central aim of the entire process of sports training. Techniques are essential for an individual to complete the tasks of a competition. Without techniques the sportsman will not even be able to move in the play field.