

FAQs:

Q1. What is the meaning of 'plan'?

Ans. A plan is a systematically throughout future line of action for a definite time period in which all the factors, which are important for achieving a planned goal are laid down with definite weight age and sequence.

Q2. What are the importance of planning?

Ans. The importance of planning are:

- planning is the foundation to carry out sports training
- planning the time and resources available can be exploited to the maximum.
- planning is indispensable for a systematic and continuous development of personality and performance.
- planning is necessary for optimal development of performance factors.
- planning is necessary for continuous regulation and evaluation of training process.

Q3. Planning is a continuous process. Explain briefly?

Ans. Planning is not static. It is dynamic process. A plan when formed and implemented is continuously controlled, assessed and modified according to the effects and changes in the personality and performance caused by training and other factors. Planning is therefore, an aspect of control and regulation of sports training. Control and regulation of training which forms the basis of continuous refinement and adjustment of training plans is essentially a meso-cycle oriented process. This no doubt takes place in a training session and in micro-cycle also, but because of adaptations to training, it becomes obvious only after 4 to 6 weeks, therefore, major steps for refinement and adjustment of plans can be taken only after this period.

Q4. A yearly plan should accommodate three phases, name them?

- Ans.**
1. Off season or transitory phase
 2. Pre-season or preparatory phase
 3. in-season or competition phase

Q5. What are the principles of goal setting in planning?

Ans. Goal setting is an important part of the planning process. Goals should follow the SMARTER principle. They should be:

- Goals must be SPECIFIC
- Goals should be MEASURABLE
- Goals should be ACHIEVABLE/ADJUSTABLE
- Goals must be REALISTIC
- Goals should be TIME BOUND
- Goals should be challenging and EXCITING
- Goals should be RECORDED

Q6. What is the duration of meso-cycle plan ?

Ans. Meso-cycle plan is perhaps the most important plan. These plans are made for carrying out training for 3-6 weeks.

Q7. What is a yearly plan?

Ans. A yearly plan is made for effective formulation and implementation of training for a period of one year. It is prepared on the basis of the training conception. In other words it lays down the general outline for organizing and implementing the training process for a period of one year.

Q8. What is a micro-cycle plan?

Ans. Micro-cycle plan is a short term plan and forms the basis of meso-cycle plans. The duration is 5-7 days.

Q9. Define training session plan?

Ans. A training session plan is an organized description of the activities and resources use to guide an individual or group towards a specific learning objective.

Q10. What are the elements of a practice session?

Ans. The elements of a practice session are:

- pre-practice briefing
- introductory activities
- skill development
- skill development through games and other activities
- conditioning
- conclusion