

GLOSSARY:

Plan : Plan is the outcome or product of planning.

Planning :- It is the process of setting goals, developing strategies and outlining the task and schedules to accomplish the goals.

Training : It is an exercise programme design to help learning of technique and getting perfection over it, along with improving physical fitness to prepare for competition.

Training plan : A training plan is a document in which the future plan is written for definite period of time to achieve the goals.

Sports training : Sports training is the basic form of preparation of sportsman.

Yearly plan : It is a training document in which the training to be done in a year is clearly laid down in much detail and precision.

Meso-cycle plan : It represents a phase of training with a duration of between 3-6 weeks.

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

Transition phase : This is a period which immediately follows a period of hard work or stressful competitions. The aim is to maintain the physical gains acquired during the competitive phase and facilitate recovery.

Preparatory phase : This is the period which immediately follows the transition phase. During this phase planning is to develop the athlete's capacity for effort, general physical preparation, techniques and strategies.

Competitive phase : This phase aims to perfect all training factors. During this phase activities should be structured to maintain the physical standards acquired in the preparation phase, perfect technique and tactics, gain competitive experience with the aim of improving game skills and mental capacities.