



## **PHYSICAL EDUCATION**

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**TOPIC NO. 4  
PLANNING**

**Lecture - 183  
PLANNING IN SPORTS TRAINING**

### **INTRODUCTION:**

Without knowing our destination, we cannot plan our journey. Our destination in sports is the competition is objective or goal. It might be to win a league competition, a place in the national championships, a qualifying performance for a team selection, or a lifetime best performance in a particular competition. Our journey is the preparation programme planned to help reach the objective or goal; it is quantifiable and has a time scale.

The structure of the plan and its details must, however, be sufficiently flexible to move and adapt to the dynamics of the athlete, coach and situation. The destination is not a terminus, but a milestone, and for progressing beyond it.

For the development of sports in a country planning is not limited to sports training. It extends to the activities of sports federations and other government and non-government bodies which control sports. Planning, therefore, has two levels: (a) planning of the process which is basically the responsibility of the coach or the sports teacher; (b) planning of the complete training and competition system which is the responsibility of the sports federations or other sports bodies. These two are inter-related and inter-dependant. A proper planning system, therefore, should ensure high quality of planning at both the levels while providing for effective co-ordination between them.

## **MEANING AND DEFINITION:**

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.

Planning is the process of making and modifying a plan. In sports, planning is not limited to sports training. It extends to the activities of sports federation and other government and non-government bodies which controls sports.

According to Dietrich Harre (1986), planning is an important method to ensure continuous development of personality and sports performance and to enable the sportsman to achieve best performance in the stage of high performance. Planning ensures continuity in the development of performance which spreads over several years.

Webster's International Dictionary (1981) defines planning as an outcome of making or carrying out plans.

In short, planning is the process of setting goals, developing strategies and outlining the task and schedules to accomplished the goals.

## **CONCEPT OF TRAINING PLAN:**

Every activity has to be planned before hand in order to get the best results. Sports training is no exception. The process of sports training is a planned process of development of personality and sports performance. As sports training are a long term process, extending over a long several years, therefore, separate plans are made in succession for the various parts of the training. All plans, however, are based on a training conception which gives the rules, principles and fundamentals of developing the sports performance systematically over a long term period.

Training is a long term process and involves the use of various methods and means. Planning is necessary to make the best use of what is available so as to achieve the immediate and long term aims. To make the planning successful, training plans of short and long duration are indispensable. Hence, in the training process, we have training session plans (lesson plan), weekly plans, meso-cycle plans, macro-plans. Every part, small or big of the training process is planned before hand.

A training plan is a carefully determined action programme for a certain definite time period for achieving a goal. A plan normally consists of goals and sub-goals, tasks to be tackled, means and methods of tackling the tasks, the sequence of tackling the tasks, the stress of weightage to be given to various tasks. All these are given within a certain time frame. A lot of effort is require to determine the various content of a training plan.

A training plan when formed and implemented is continuously controlled and modified according to the effects and changes in the personality and performance caused by training and other factors. Without planning the process of development cannot be controlled and regulated. Planning documents along with the training and performance documents make training assessment possible. Planning, therefore, is an aspect of control and regulation of sports training.

## **PRINCIPLES OF PLANNING**

There are certain principles of planning according to which the training process should be planned. But the effectiveness of planning of the training process depends to a great extent on the total system of planning for the training and competition in a country. It should be based on the social needs, demands and resources available. Different federations and sports organizations must plan out their activities in co-ordinate and harmonious manner for the upliftment of the sport or sports concerned. These principles are briefly discussed in the following:

**1. Planning should be based on the prognosed sports performance:**

Planning is basically concerned with the achievement of performance in the future. It is therefore essential to plan on basis of the structure of prognosed performance. All the training plans, whether short or long term in all stages of training have to be based directly or indirectly on the structure of the prognosed performance.

**2. Planning must aim at education and performance development:**

Training is an educational process as it aims at education and performance development. Education or development of the personality of the sportsman is essential because without the required beliefs, attitudes, mental capabilities, personality traits, proper habits etc. a sportsman cannot effectively train over long periods nor he can successfully participate in sports competitions. It is therefore, obligatory to plan for the development of personality simultaneously.

**3. Planning must be based on the latest scientific knowledge and experience:**

Sports science is engaged in exploring the means and methods for better, faster and more effective development of performance and performance factors. In the last few decades science has made rapid progress and has yielded valuable information and knowledge regarding different aspects and elements of training. This knowledge is continuously being increased and further refined. It is therefore, essential that the contents of a training plan are based on latest scientific knowledge. For effective planning a coach must possess the latest knowledge about the following:-

- Training methodology for the development of various performance factors.
- Growth and development with stress on motor development.
- Principles and laws of systematic development of sports performance over a long term/period of several years.
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**4. Planning must ensure harmony among various training plans:**

In sports training various types of plans are needed e.g., short term and long term plans, individual and group plans. The aims and contents of these plans must be in harmony with each other so that performance and personality development can take place in the best possible manner. Short term training plans should serve as steps for the long term plans. In other words short term plans must fit into the long term plans. Individual and group plans must supplement each other to ensure proper development of an individual and a group.

**5. Planning is continuous process:**

Planning is not static. It is dynamic process. A plan when formed and implemented is continuously controlled, stressed and modified according to the effects and changes in the personality and performance caused by training and other factors. Planning, therefore, is an aspect of control and regulation of sports training.

## **6. Planning must be based on all important factors:**

Planning must be comprehensive in nature. During planning all important factors which can have a direct or indirect impact/effect on the process of training should be carefully considered and if needed possible means and measures should be included in the plan for their exploitation. The lists of factors are mentioned below:-

- Time available for training.
- Training state including psychological qualities of the sportsman.
- Performance and performance dynamics in the past and at present.
- Dates of competitions, trials etc.
- Facilities available for training, recovery, rehabilitation.
- Load dynamic and load tolerance ability of the sportsman.
- Diet and living conditions.
- Scientific support for training and performance analysis.
- Other types of demands on the sportsman by family, profession etc.

## **7. Planning must be pragmatic and concrete:**

Concrete planning means that as far as possible the planning must be quantitative. The goals, sub goals, load factors etc. should be expressed quantitatively in figures, numbers, ratios, percentages etc. this makes the planning concrete and precise. Moreover, it enables to work out each and every detail of all important tasks and aspects of planning. Later on it is of high value for training and performance analysis.

## **TYPES OF TRAINING PLANS**

The different types of training plans can be classified according to two criteria; the duration and the number of persons for which the plan is made. According to the duration we have several short and long term plans which are discussed below:

### **I. Training Conception**

Training conception is a plan for several years. It is not a plan in a strict sense. It is essentially a concept for the planning and carrying out of training process for a long period. It consists of principles, fundamental, rules, etc. for the implementation of the training.

Training conceptions are normally prepared by the sports federations for different levels and classes of sportsman. It is prepared on the basis of analysis of effects of training on the development of personality and performance in consideration of international trends in the development of sports performances and training methodology. It is also based on the trends of development of training and competition systems for the various age groups, performance levels. It mainly contains information about performance development for a certain period and the necessary performance prerequisites for that. It also contains the basic training methodological guidelines for achieving the desired performance

Training conceptions form the basis of all types of training plans. On the basis of the duration training conceptions can be further divided into three types:-

- Training conception for the complete duration of the long term training process.
- Training conception for the different stages of the training.
- Training conception for a training cycle longer than a year e.g., Olympic plan.

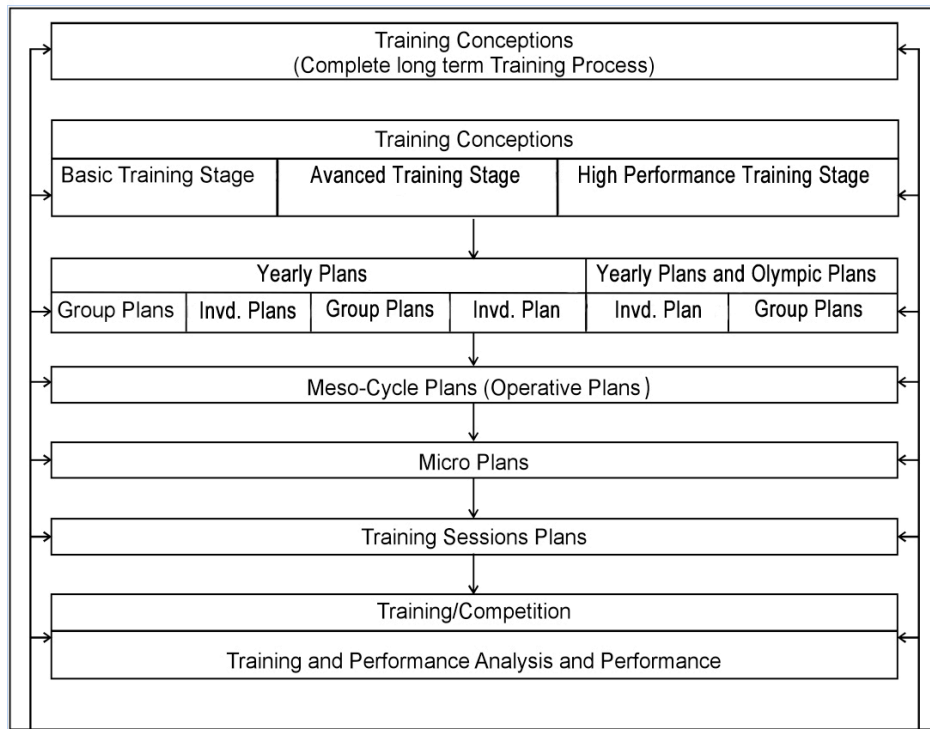


Fig. An overview of the Planning System in Sports Training

## II. Yearly Plan

These plans are made for effective formulation and implementation of training for a period of one year. The yearly plan is prepared on the basis of the training conception. A yearly plan is a training documents in which the training to be done in a year is clearly laid down in much detail and precision. It generally contains the following things:-

- The time period and sportsmen for which is made.
- Analysis of the present state of the sportsman.
- Goal and sub-goals of performance factors to be achieved till the end as well as at certain points during the total planned period.
- Information about training contents, proportions factors among different training elements, means, load indices (load dynamic) and so on.
- Sequence of the development of performance factors.
- Arrangement of meso-cycles.
- Dates of competitions, tests etc.
- Other relevant information.

### **III. Meso-Cycle Plan**

These plans are perhaps the most important training plans. These plans are made for carrying out training for 3-6 weeks. As this duration is enough to check the adaptations caused by training, therefore, meso-cycle plans are important tools for control and regulation of sports training. Each meso-cycle has set aims and objectives. These aims and objectives are achieved by proper formulation and arrangement of micro-cycles. A meso-cycle plan is much concrete and detailed than a yearly plan. The load indices and other contents of training are laid down in precise quantities. Meso-cycle plan is also called operative plan. Because of the optimum duration of meso-cycles these are basically used for achieving different aims of training. It is always better to concentrate on one or two aims in a meso-cycle. In this manner the various aims of training are achieved sequentially through special arrangements of meso-cycles. At the end of a meso-cycle there should always be some tests, controls or competitions to check if the aims have been achieved or not. In case the aims have not been achieved then the training plan for the subsequent meso-cycles has to be changed or readjusted.

### **IV. Micro-Cycle Plan**

Micro-cycle plan is a short term plan and forms the basis of micro-cycle plans. The duration of a micro-cycle plan is too short to achieve the desired adaptation. But by systematically loading the sportsman in a number of micro-cycles this effect is achieved in the meso-cycle. The aims and contents of a micro-cycle are, therefore, part and parcel of the aims and contents of the meso-cycle in which it falls. The planning of a micro-cycle depends on several factors e.g., training state, period/meso-cycle, nature of sport etc. It is, therefore, not possible to have a uniform model for this purpose. Micro-cycle can be formulated in different ways. Some examples of load dynamic in a micro-cycle and aims and contents of a micro-cycle are given below:

- The degree of load should vary within the micro-cycle.
- The aims and contents of training should vary within the micro-cycle. But it must ensure optimum load for the development or achievement of one or two factors.
- The aims, contents and load in a micro-cycle must correspond to the aims and contents of meso-cycle in which it falls.
- In micro-cycles having very high loads there should be one or two training sessions for active recovery.
- In competition period the micro-cycles are generally formulated in such a manner that there is no carryover of fatigue from one micro-cycle to the next micro-cycle.
- The micro-cycle immediately before an important competition should be formulated in such a manner that the sportsman is able to participate in the competition in a state of super compensation.

### **V. Training Session Plan**

Training session is the basic unit of training process. It is the smallest unit of the training process in which the actual education and preparation of sportsman takes place. Though a training session always forms a part of the micro-cycle, yet it is complete in itself. The actual process of training is realized in a training session. Therefore, it must be carefully planned and carried out.

Training plans are also divided into individual and group plans on the basis of the number of persons for which a plan is based. These plans are of different durations.

Individual plans are more common in individual sports. These plans are necessary to ensure optimum development of sportsmen as in individual plans the individual factors form the basis of planning. The group plans however, cater to a group of sportsmen and as such do not ensure optimum development of each individual. The group plans are more commonly used in team games.

The use of individual and group plans is primarily determined by the training state of the sportsmen. In the initial stages group training plans are generally used to ensure uniform type of training facilitating training of a large number of sportsmen. It also helps in identification of talent. But for high level sportsmen group training plans cannot ensure optimum development hence individual plans become a necessity. Even in team games in high performance training stage the group plans have to be supplemented by individual training plans to ensure optimum development of each and every player.

## **CONCLUSION**

Planning is the process of making and modifying a plan. In sports, planning is not limited to sports training. It extends to the activities of Sports Federation/Association and other Government and Non-Government bodies which control sports.. Planning is necessary to make of what is available so as to achieve the immediate and long term aims. To make the training successful, training plans of short and long duration are indispensable. Hence, in the training process we have training session plans(lesson plan), weekly plan, meso-cycle plans, macro-cycle plans. Every part, small or big of the training process is planned before hand. planning is the process of construction and modification of plans. It is a continuous process which ends only with the end of training. A plan is a systematically throughout future line of action for a definite time period in which all the factors important for achieving the planned goal have been laid down with definite weightage and sequence. It is the essence of time management. Effective time managers plan everyday and every practice session, concentrate on achievable goals and are unperturbed by the unexpected. Planning, therefore, is a dynamic and continuous process.