

GLOSSARY:

Periodization: The systematic formulation of sports training for achieving top form in a competition at a definite time.

Top form: The optimum state of performance capacity which a sportsman achieves in a training cycle.

Training: Exercise programme design to help learning of technique and getting perfection over it along with improving physical fitness to prepare for competition.

Training cycle: One cycle of base creation, form achievement and temporary loss of form is called one training cycle or one macro-cycle.

Sports training: Sports training is the physical, technical, intellectual, psychological and moral preparation of an athlete or a player by means of physical exercises.

Preparatory period: This is the period which immediately follows the transition period. The aim is to develop the athletes capacity for effort, general physical preparation, techniques and strategies.

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

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

Single periodisation: When there is only one macro-cycle in a training year it is called single periodisation.

Double periodisation: When there is more than one macro-cycle in a training year is called multiple periodisation.