Summary:

Systematization of the training process helps the coach and the trainee in setting up tasks to be achieved at the end of each phase of training. The athletes or sportsperson can keep a track of their progress in the process, a beginner trains with a beginner, an advanced sportsperson is placed in a group of advanced sportspersons and so is a high performance athlete. They learn in the same manner and compete with each other developing their confidence and self reliance on oneself as well as on the coach. Systematization helps in the realization of the aim of sportsperson by achieving performance that are comparable to national or international standards or high performance at the time of the main competition.