

*Vinokurov D.A., Volchkova V.I.  
Volga Region State Academy of Physical Culture, Sports and Tourism, Kazan*

## **SPORTS SUCCESS KEY: PHYSICAL PREPARATION**

Abstract. The article says about the importance of physical training in any sport. The problems of the main factors affecting the physical development of an athlete are reviewed. The authors point out that the approach to physical training has changed so far that is why its significance has increased.

Keywords: Sport, physical training, new experience.

According to most expert sports scientists and coaches, athletes must be prepared properly to be successful. This holds true in all areas of life.

Currently, there are three keys to sports success:

- Physical Preparation (Physical Fitness, Sports Nutrition, Sleep, Sports Massage);
- Mental Preparation (Mental Toughness, Goal Setting, Visualization, Motivation, Arousal, Relaxation and Energization, Attention, Stress Management, Self Confidence);
- Tactical/Technical Preparation (Sport strategy, Techniques, Methods, Position Specific Skills).

An athletic performance coach is responsible for assisting with the physical preparation of the athlete, specifically with the physical fitness and sports training element. Some performance coaches may even have extra education and certificates/licensure in sports nutrition or sports massage.

By definition, physical preparation is any type of training that addresses the physical elements (physical fitness) of sports such as mobility, flexibility, strength, speed, power, acceleration, deceleration, dynamic vision, reaction time, and sports nutrition. All of these elements need to be addressed to help to be well prepared to an athlete or a team for a successful sports competition. Mental Preparation is best

covered by a sports psychologist, but may be addressed by a sports coach or performance coach who has specific schooling in this area. Mental preparation strategies can be executed in each performance training session, as well as practices and scrimmage competitions. Mental preparation techniques are used by all of the best athletes in the world. Mental preparation strategies can be executed in each performance training session, as well as practices and scrimmage competitions. Mental preparation techniques are used by all the best athletes in the world.

Tactical/Technical Preparation should be addressed by the sports coach or coaches. The coach will instruct the athlete on a position of specific skills, teambuilding, and systems specific to the sport. Strategies for winning will also be taught. In some training systems, the most experienced coaches' work with the youngest athletes to assure the proper skill and athletic development. The years of the research, of the work with other coaches, consulting with medical and rehabilitation specialists, and experience of coaching athletes gives us the knowledge needed to create effective performance of training programs. Although the methods and scientific basis for advanced performance training may be complicated, the main goals of the training programs consistent. There may be athlete-specific goals that are also incorporated into the program, but, as a general rule, need the following seven goals when creating programs:

- The establish a Routine-Make Exercise in a Habit. A successful athlete makes conditioning part of the daily routine, year-round. High level of high school and all college athletes do a physical fitness training routine on a year-round basis.

- Prevent Injury through Training. A well conditioned athlete is less likely to be injured, and if injured, recovers more quickly. Attention to balanced total body training, specific conditioning, physical fitness and training to address the most common injuries in the specific sport will help reduce the athlete's risk of injury.

- Improve Work Capacity (physical fitness conditioning). A well-conditioned athlete handles high quality work and recovers quickly. The physical conditioning (energy system development) needs of each sport need to be determined-and then

addressed in the training sessions and overall training plan. It should be the goal of each athlete to finish the match/game as hard as they began, while exerting 100% effort the entire duration.

- Improve "Core Strength". A well-conditioned athlete has the low back, abdominal, and hip area (core) strength to transfer the force generated by the legs to the upper body. Most sports require a huge hip power transfer in different planes of motion (straight ahead, side to side, rotation, chopping, etc.).

- Develop Balanced Muscular Strength, Speed, Endurance, and Power. A well-conditioned athlete trains the total body for strength, speed, power, and endurance. Movements in most sports occur in all planes; there can be double leg and single leg movements, etc., so it is important to train accordingly. Athletes must be balanced to help prevent injury and maximize physical fitness.

- Develop Sport Specific Speed, Strength and Power. A well-conditioned athlete reacts quickly to accelerate, decelerate and stop under control. An athlete who can decelerate, stop, change direction and re-accelerate has an advantage over their opponents. One way to train for this is by using plyometrics. Plyometrics are important for development of power and power endurance, but a base of speed and power training must be established prior to engaging in a rigorous plyometric routine. Power endurance training helps the athlete train to be as explosive in the last minute as he/she was in the first minute.

- Maximize Potential. A well-conditioned athlete understands his/her strengths and limitations and how to work with them. Knowing your strengths and weaknesses helps you focus your efforts in training, and make adjustments in your training.

Conclusion: At present, the development of physical fitness has made progress. The key to victory is not only technical training, but also physical and psychological. The basis of sports training is physical training, in which the seven factors specified in this article are important.