

# TRAINING PARAMETERS

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# OVERVIEW

- ▶ To compete at the elite level, athletes require to develop and be proficient in a range of attributes.
- ▶ Ideally players use a periodised approach to training for optimal long-term development, which allow them to sequentially develop these attributes over a desired period of time

# MODEL OF PLAYER DEVELOPMENT

- ▶ TECHNICAL SKILLS
- ▶ TACTICAL SKILLS
- ▶ PSYCHOLOGICAL SKILLS
- ▶ PHYSIOLOGICAL SKILLS

# TECHNICAL SKILLS

## TECHNICAL

- ▶ STRIKING AND MOVEMENT TECHNIQUES
- ▶ SOLO DRILLS
- ▶ TECHNICAL DRILLS IN PAIRS
- ▶ DRILLS WITH COACH
- ▶ CONDITIONED GAMES
- ▶ MATCH PLAY
- ▶ COMPETITION

# TACTICAL SKILLS

- ▶ GAME ANALYSIS – NOTATIONAL AND VIDEO
- ▶ ERROR IDENTIFICATION AND CORRECTION
- ▶ TACTICAL DRILLS AND GAMES – TACTICAL REACTION DEVELOPMENT
- ▶ DECISION MAKING

# PSYCHOLOGICAL SKILLS

- ▶ GOAL SETTING AND MOTIVATION
- ▶ RELAXATION
- ▶ VISUALISATION AND IMAGERY
- ▶ BREATHING TECHNIQUES
- ▶ COPING WITH STRESS

# PHYSIOLOGICAL SKILLS

## ► COMPONENTS:

- Cardiovascular Endurance
- Muscular Endurance
- Strength
- Flexibility
- Agility
- Speed
- Reaction time & Response Time
- Balance – Static and Dynamic
- Co-ordination
- Power

# LIFE SKILLS

- ▶ Nutrition
- ▶ Athlete Career Guidance
- ▶ Athlete Education Guidance
- ▶ Rest and Recovery Patterns
- ▶ Drugs – Counselling



# PERIODISATION



***"If you don't know where you are going, don't be surprised to arrive somewhere else."***

- ▶ In terms of sports performance, that means if you fail to plan the development of your athletes properly, you will not be able to maximize their potential.
- ▶ This planning process in sports is called "Periodisation".

# What is Periodisation

*“...Periodisation is the process of dividing the annual plan into smaller phases of training...”*

Tudor Bompa

*“...Periodisation is a planning system to structure and organise a progression in training programs and methods to bring an athlete to a peak in performance during the main competitive season...”*

Jeffrey Wollstein

# PHASES

## ▶ PREPARATORY

- \* GPP

- \* SPP

## ▶ COMPETITIVE

- ▶ \* Pre-Comp

- ▶ \* Comp

## ▶ TRANSITION

# PHASES

## ▶ Preparatory Period

### ■ General Preparatory Phase

- ▶ Rehabilitation from existing injury
- ▶ Structural development
- ▶ Fitness foundation with cross-training
- ▶ Technical fault correction
- ▶ Varied technical practice

### ■ Specific Preparatory Phase

- ▶ Sport-specific fitness and training
- ▶ Block technical practice
- ▶ Maintain high volume

# PHASES

- ▶ Competitive Period
  - Pre-Competition
    - ▶ Lactate Training (if appropriate)
    - ▶ Taper
    - ▶ High intensity/low volume
    - ▶ Competition simulation
  - Competition
    - ▶ Maintenance of the components of performance
    - ▶ High intensity/very low volume
    - ▶ Focus on mental skills

# PHASES

- ▶ Transition Period (off-season)
  - Maintain fitness
    - ▶ 30-50% of competition load
  - Mental and Physical Rest
  - Screenings
    - ▶ Physical
    - ▶ Psychological
    - ▶ Career/Education
  - Possibly fitness testing?
  - Review year
  - Goal setting



# Traditional Phases

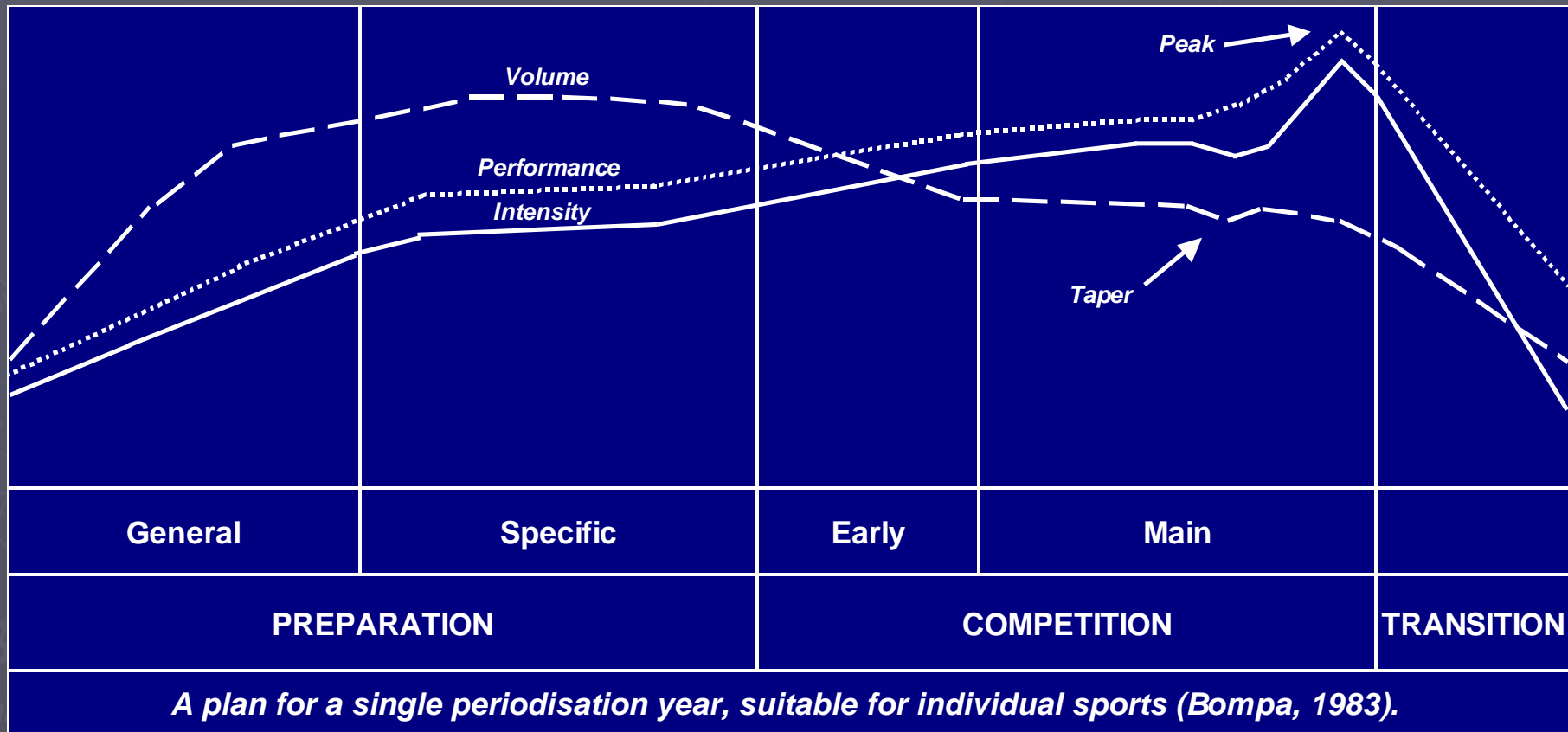
## THE YEARLY PLAN

Phases of Training	PREPARATORY					COMPETITIVE				TRANSITION										
Sub-Phases	General Preparation		Specific Preparation			Pre-Competitive	Competitive			Transition										
Macro-Cycles	1	2	3	4	5	6	7	8	9	10										
Micro-Cycles																				

*A schematic illustration of the division of an annual plan into its phases and cycles of training (Bompa, 1983).*

# Single Periodisation Plan

- Bompa's plan for a single periodisation year



# Periodisation for Perceptual Motor Skills

- ▶ **GPP**
- ▶ Error Correction
- ▶ Learning of new skills
- ▶ Closed drills
- ▶ Video Analysis
- ▶ Movement Technique
- ▶ **SPP**
- ▶ Open drills
- ▶ Deception and Anticipation
- ▶ Pressure Drills
- ▶ Movement Technique
- ▶ Understanding different game plans

# Periodisation for Perceptual Motor Skills– cont' d

- ▶ **Pre-Competition**
- ▶ Conditioned Games
- ▶ Game plans
- ▶ Critical Games
- ▶ Match overload
- ▶ Match play
- ▶ Video Analysis
- ▶ Closed Drills
- ▶ Test matches

# Periodization Of Mental Skills

- ▶ **Introduction to the skill (Explain concept)**
- ▶ **Development of the skill in a quiet setting**
- ▶ **Incorporation of the skill in sport specific situation (Specific application)**
- ▶ **Refinement of the skill in training and in preparatory competition**
- ▶ **Integration of the skill in strategies of competition**
- ▶ **Use of the skill in competition to achieve IPS**

# Some of the mental skills

- Goal Setting
- Motivation
- Coping Strategy
- Visualization
- Concentration
- Self-Talk
- Relaxation
- Energizing (activation)

# Periodisation for Physiological Skills

## **GPP**

- ▶ Aerobic Build-up
- ▶ General Strength, Hypertrophy
- ▶ Fitness Test

## **SPP**

- ▶ Speed and Agility
- ▶ Speed Endurance
- ▶ Maximum Strength
- ▶ Power – Conversion
- ▶ Plyometrics
- ▶ Fitness Test

## **Pre-Comp**

- ▶ Lactate Training (1:3)
- ▶ Strength Endurance
- ▶ Taper





# A long-term training plan needs the following elements:

- ▶ Correct and sufficient multilateral development prior to specialisation
- ▶ Appropriate training volume and intensity
- ▶ Correct periodisation
- ▶ Appropriate loading of the work progressively and sufficiently throughout the season and from year to year
- ▶ Correct balancing of the various modalities of training i.e., flexibility, trunk stability, resistance training (strength and power), endurance training (aerobic & anaerobic threshold training and lactate tolerance) and speed training
- ▶ Ensuring appropriate recovery between sessions in order to keep young athletes fresh
- ▶ Make it fun over the long term

# SUMMARY

- ▶ Athletic Development is a complex procedure
- ▶ The holistic approach ensures that the programme is consistent and comprehensive
- ▶ Ensuring appropriate recovery between sessions in order to keep young athletes fresh
- ▶ Make it fun over the long term
- ▶ Effective and dedicated implementation ensures desired results