

## Principles of Training

**Principle 1 - Readiness** - an athlete's readiness will develop with age and maturation. For example, an athlete that is between 6-10 years of age will benefit little from anaerobic conditioning. The athlete's body is not ready for strength and conditioning. However, an older athlete is capable of developing strength and conditioning through anaerobic training.

**Principle 2 - Individual response** - athletes interpret and respond differently to the same training. The stronger coach detects individual responses and formulates an appropriate reaction for each athlete. Athletic foundations differ from one athlete to the other based on the following, heredity, maturity, nutrition, rest, sleep, level of fitness, illness/injury, motivation, and environmental influence.

**Principle 3 - Overload**

F-Frequency

I-Intensity

T-Time (Duration)

An athlete determined to improve strength development increases work level intensity, while an athlete training for endurance lengthens the time/duration of the training session.

**Principle 4-Progression**- skills should be learned in a systematic progression. Starting with the most basic set of skills and evolving to the more complex. For example, kicking a soccer ball, the athlete's first attempt should be in standing stationary position. After mastery of the stationary position the athlete should progress to the skill of running and striking the ball.

**Principle 5 - Specificity**- specific training yields specific results. Train the desired muscles. The long distance runner trains by running not swimming or biking. Although the runner receives some training benefits from biking and swimming, specificity garners the greatest return on training investment.

**Principle 6 - Variation**-accomplish training through many different drills and activities. Drill variation helps avoid boredom and maintains athlete interest.

**Principle 7 - Warm-up and Cool-down**- proper warm-up will reduce the chance of injury and will enhance athletic performance. Warm-up should be completed prior to any strenuous activity. The cool-down is just as important as the warm-up. A proper cool-down stretch reduces muscular recovery time and increase athletic flexibility.

**Principle 8 - Long-term training** -allows for gradual progress, growth and development, skill acquisition, and a fuller understanding of the sport.

**Principle 9 - Reversibility**- it takes longer to build strength or endurance than it does to lose it. An athlete, under the restriction of complete bed rest can decrease his/her fitness level up to 10% per week.