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**METHODS FOR SPORTSMEN'S TECHNICAL AND TACTICAL
KNOWLEDGE IMPROVEMENT****ABSTRACT**

Authors point out that it is possible to apply various methods of training to technical and tactical training of sportsmen. The choice depends on the characteristics of the sports activity and on the level of the anthropological characteristics of the sportsmen. Accordingly, the aim of the paper is to present a program of learning and modern methods for the improvement of technical and tactical knowledge, the application of which can considerably rationalise the training process of sportsmen.

Key words: methods for learning, sportsmen, technical and tactical knowledge,

1. INTRODUCTION

In order for sportsmen to achieve top sports results, their physical fitness has to be accompanied by a high level of technical and tactical abilities. Particular groups of sportsmen engage in sports with some specific characteristics, so special requirements in their technical and tactical training have to be met. Accordingly, the procedure of improving technical and tactical skills primarily depends on individual characteristics of the sportsman and on certain deficiencies observed in the movement technique. There are two basic cases in the training practice (Bowerman et al, 1998; Pržulj 2012). The first is that the individual technique is basically in accordance with modern effective movement structure and, at the same time, with the individual characteristics of the sportsman's physical fitness. The second case appears when the movement technique does not completely match the individual characteristics of the sportsman's physical fitness, and contains a number of more or less serious deviations from the effective movement structure. These are sufficient reasons to approach differently the process of improving movement habits of sportsmen with different predispositions and knowledge. In the former case, the improvement of technique is based on further acquisition of correct movements and increase in their dynamics, which should bring about quantitative changes: increase in speed and amplitude, increase in strength impulses and determining their direction, and improvement of the general movement rhythm. In the latter case, technique

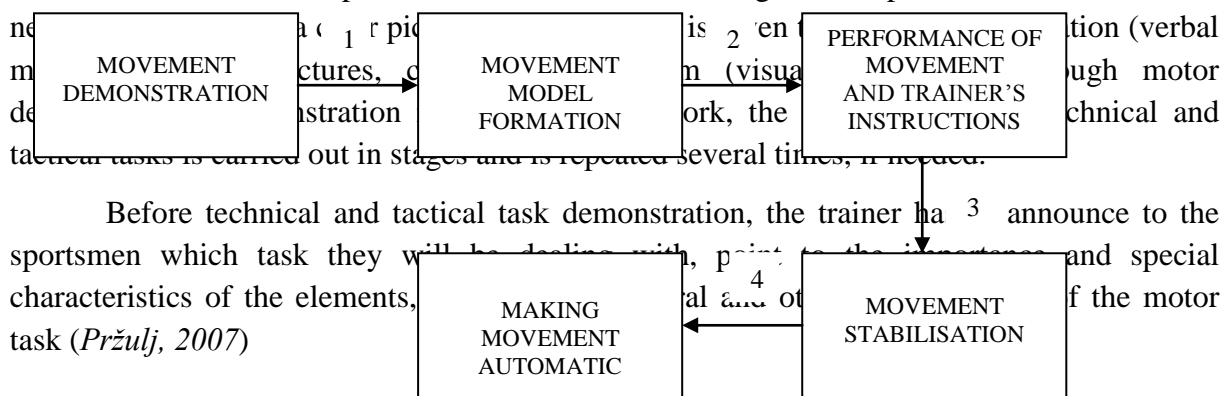
improvement requires only partial rearrangement of movement habits and replacement of insufficiently efficient technical elements by more efficient movement structure elements.

2. BASIS FOR TECHNICAL AND TACTICAL KNOWLEDGE ACQUISITION

In the course of learning and acquiring technical and tactical knowledge, the specific goal of the training process should always be kept in mind – to acquire motor habits which enable the performance of various motor tasks within a single sport, i.e. effective participation in a sports competition.

Firstly, the demonstration of technical and tactical tasks performed by the trainer has to be complete in order for the sportsmen to create an appropriate picture of what the movement should ideally look like. It is important that the trainer should establish good communication with the sportsman in the course of solving a motor problem. The information

Before technical and tactical task demonstration, the trainer has to announce to the sportsmen which task they will be dealing with, point out the importance and special characteristics of the elements, and special characteristics of the motor task (Pržulj, 2007)



Picture 1. Stages in the process of motor learning (Matvejev, 2000; Milanović, 2007)

There are four stages in the process of motor task learning (Matvejev, 2000; Pržulj, 2007):

- Movement model formation (1) is, at the beginning, based on the acquisition of 'rough' movement coordination, accompanied by full conscious control of the performance.
- At the stage consisting of a greater number of movement performances (2) motor knowledge becomes of higher quality due to the appearance of 'fine' movement coordination. At this stage of technical and tactical knowledge acquisition, the trainer

keeps giving additional information which helps the sportsman become aware of, understand and correct motor mistakes.

- During the stage of movement stabilisation (3), variable conditions for technical and tactical knowledge acquisition are used. Motor knowledge is more firmly established, individual approach is allowed, which contributes to the formation of specific styles of movement performance. Situational improvement of motor knowledge begins, and technical and tactical exercises are connected with training load which suits the tempo and rhythm of competitive activities.
- The stage of making movement automatic (4) involves a large number of correct repetitions of technical and tactical elements, which makes coordination structure automatic, so motor knowledge gradually becomes a habit (automatism). The method of competitive improvement is still applied, but only when motor, i.e. technical and tactical habits are highly stable and resistant to high physical demands of a competition. In this phase, the so-called motor program is already almost perfected, as a record in motor memory, which determines the order of movement performance within a motor task.

3. METHODS IN THE FIELD OF MOTOR LEARNING

The following methods applied during the training process are of great significance for technical and tactical knowledge improvement (*Bala, 1981; Malacko 2002*):

1. Analytical method, important for movement simplification, makes the process of conceptualization easier, helps the sportsman better perceive the correct structure of every element of the complete coordination.
2. Pre-exercise method, used to acquire complex technical elements (e.g. polevault) more easily. Imitation and special exercises are used, with special attention given to their difficulty, always starting from easier and moving towards more difficult ones.
3. Synthetic method, used to form a complete motor habit in a competition.
4. Complex method, used to correct technical deficiencies in certain parts of the complete movement, and then to further improve the technique by performing the motor task in its entirety, on the basis of what is left after the completion of the exercises.
5. Related influence method, based on the interaction of the process of motor task improvement and the possibility to regulate the task consciously. In practice, this method takes into account not only the system of muscles involved in motor movement, but also the level of their activation present in the entire movement (maximum load, load reduction etc.)
6. Ideomotor training, which represents a thought process whereby motor movement is carried out in accordance with the sportsman's vision. This method helps master the qualities which enable error correction and motor task improvement. It is most

frequently used as the immediate preparation for the current training tasks, which also creates a psychological basis for future achievements.

4. CONCLUSION

- Technical and tactical training of sportsmen need not and must not be aimed only at technique acquisition, but also at the improvement of some movement effects which should enable a higher level of motor abilities, which will contribute to a more efficient acquisition of motor knowledge.

- During the process of acquisition of technical and tactical tasks, motor mistakes occur when task performance deviates from ideal performance. Therefore, trainers have to be well acquainted with reasons which bring about incorrect task performance in order to be able to direct additional corrective training correctly.

- The process of technical and tactical knowledge acquisition and improvement must be carried out on an appropriate emotional level with younger categories. If emotional influence in the training of young sportsmen is insufficient, learning technique and tactics becomes boring and demotivating.

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