

## SOME ASPECTS OF TRAINING FOR SPORTS

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We have extracted two passages from a long, very well documented article by Professor Ema GHERON, entitled: "THE PSYCHOLOGICAL CONDITIONING OF THE SPORTSMAN," published for the Bulgarian Olympic Committee Review, which we submit to our readers to consider, especially to those coaches who are in charge of bringing the sportswomen to competitions in the highest technical and physical form.

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"Competitive sports have definitely shown that a number of psychological factors form important elements of success. This has long been established as regards sportsmanship and will-power.

But experience during the past few years has clearly shown that competitive sports also demand other mental faculties: intellectual, perceptive and cognitive, control of emotional reactions and the so-called general competitive qualities like self-control, self-confidence, fighting spirit etc.. These qualities are developed in the sportsman parallel with his technical, tactical and physical capacities and skill in the course of training but they constitute a separate, independent and specific task of the training regimen."

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"Thus during the period of technical and tactical practice, it is necessary to work out of and give a complete picture about movement and the run of things and to analyse them. Inversely, in competition the sportsmen should operate with optimally generalized ideas and synthetic orientation of the progress of the event.

Self-criticism is a most important mental property during periods of training, while self-confidence plays a priority role in competition. And so, although there is a link between the psychological elements, capacities and processes which determine a successful training regimen (technically, tactically and physically) their equivalents which the sportsman needs in competition, the two differ. The psychological build-up of the sportsman during his training period has the task of developing the psychological qualities which he needs in competition."

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