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## RESEARCH ANALYSIS

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## SPORTS TERMINOLOGY AND GOAL SETTING IN SPORTS & EDUCATION

Sangita Khadse  
Physical Education

### Research Paper - Physical Education

#### Introduction

Sports Terminology and Goal setting is the process of setting targets and laying down a plan to achieve them'. Why to set a goal? Many times in my past player had feeling of frustration and after analyzing my performance most of time player feel that he is not able to deliver the good according to his capacity, slowly he start feeling frustrated to such a extend that he give up. So it important in sports to have goal it is the aim or purpose of an action, goal provide a clear sense of direction to their effort, goal are the improve your performance, if you want something better for your performance then goals are your best approach to improve your performance it is the important part of training plan. It can improve their physical, mental skills or just give more enjoyment out of their sports. Setting foals can help player focus on what most important increase their effort, motivation to stick to plan, consider his strategies regarding how to accomplish his goals, and help them to track their progress.

There are different types of goals; your goal may be general or specific, short term, long term, intermediate, individual of team technical or tactical, physical, psychological, personal, practice match, of event goal. While setting goal one should





follow certain principal

1. Goals should be specific means goal set should be clear and particular in each and every aspect. It should be clear, there should be no ambiguity
2. To should be measurable. One should able to assess his progress according to time period, that his progress in performance is improving according to his plan i.e. goal should be quantify
3. Goal should be agreed to every member of the team and it should be action oriented it should not be dull one.
4. Goal should be realistic means achievable, teachable and modest one it should be hipper exaggerated one.
5. Goal should be timed mean goal should be set for certain period of time. Work has time framed than only there will be motivation and pressure which will make the task more enjoyable.
5. goal set should always be recorded so one knows the progress what has been achieved and what has to work there is a saying 'Don't think it, ink it'.

#### Sports Terminology and Goal setting consist of three phases

planning phase in which you presently assess your ability level in skill, physical and mental aspect improvement than list your action plan set time frame and record your goal set. In second phase monitoring phase where you monitor your progress and of necessary rest your goal, at the same time one keep an eye on commitment of the player and their effort for progression. In last phase evaluation of progress and achievement of the task i.e. first periodically and the finally, each time one should keep on reminding regarding goal and provide feedback of progress in black and white In goal setting there is different area such as technical, tactical, physical, mental and personal.

1. Technical skills are "the specific procedures to move one's body to perform the task that needs to be accomplished" (Martens, Successful Coaching, p. 169). The execution of technical skills, the capability to teach athletes how to perform them, the flair to detect errors and correct them and the ability to recognize when those skills come into play in a game are all things that you will develop over time with the accumulation of experience. You may need years and hundreds of games



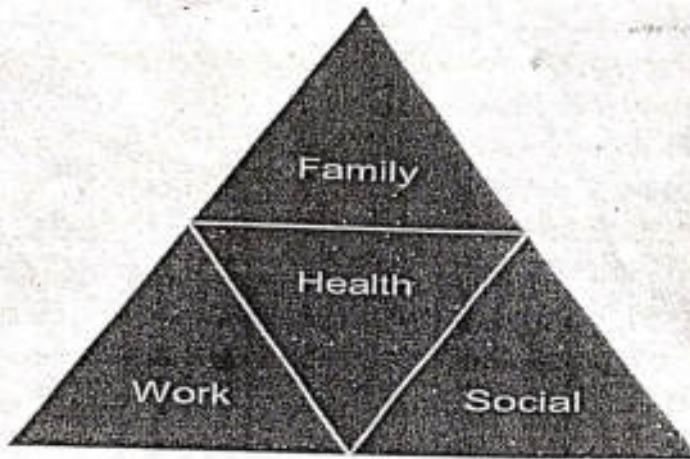


to acquire the knowledge necessary to know instinctively what to do.

Techniques are the basic movements of any sport or event e.g. a block start in a 100 meter race is a technique. We combine a number of techniques into a pattern of movement e.g. triple jump - running and then the hop, step and jump phases

2. Tactical skills can best be defined as "the decisions and actions of players in the contest to gain an advantage over the opposing team or players" (Martens, Successful Coaching, p. 170).

One way that coaches can approach teaching tactical skills is by focusing on three critical aspects, the "tactical triangle":\*



- \* the ASEP title Coaching Softball Technical and Tactical Skills, written by ASEP in conjunction with Kirk Walker and Mona Stevens

"A skill is the learned ability to bring about pre-determined results with maximum certainty; often with the minimum outlay of time or energy or both."

**Skills can be sub-divided into two categories:**

**I. Physical skills**

Also known as motor skills form the basis of all sports and can in turn be sub-divided into two types:





Simple motor skills that require very little intricate body movement and are similar in most sports. Examples are running, jumping, throwing, catching and hitting. Complex motor skills that require intricate body movements with finer control of many body parts. An example of this is the lay-up shot in basketball.

## 2. Mental skills

Most performances in sport require some form of mental activity. The simple motor skills require little mental input, whereas activities such as orienteering require the performer to mentally assess the situation before making a decision about the next move. Mental input is required to 'read the game' knowing when to smash in badminton as opposed to playing a drop shot.

Working out why errors occurred during a performance before repeating that performance requires a high level of mental input.

Top performers will therefore, have as high a level of mental agility as physical.

Mental Preparation is when a performer thinks about and visualizes a successful performance, before they carry it out. For example, in a basketball free throw I visualized the timing of the action I would be using and imagined the flight of the ball and the ball going into the basket.

Personal - one has to be very committed to his task, has to show great attitude i.e. positive. keep his diet improper proportion, his behavior should very good he should take proper rest so that he is free for his task at the same he should have proper time management, sincerity, punctuality, education etc.

There are three type of player in goal setting

### Performance Oriented Players :

There is certain Player who want to learn and improve, enjoy their performance loves challenge in match. Such player set smatter goal, which are long term, the think off their own an analysis of their own

### Other are Success oriented players :

who want win and to champion always on to success side hat to loing. they play for wining not for enjoyment, they set difficult, general and individual goal which are short term one. Other player or opponent are point of reference.



### Loser Oriented players :

Such type of player afraid of losing, avoid participation, always make and accuse for participation in competition, match or event which is decisive in the contest of winning and losing. Don't like being compared to others, they feel they are inferior than other and everybody will know the reality. Lack self confidence to play, because they won't able to win and will be on losing side. They set easy or very difficult, vague, team and short term goals, they are always negative aspect of result. They point out to other player to perform.

### Obstacles in Sports Terminology Setting:

1. There is no contingency plan for emergencies e.g. Injury etc. in such a case one has to revive his plan se again is goal with different time frame
2. The goal set should be such that it should progress oriented not only interested in outcome goals many time player find excuse for not doing goal setting
3. One should set single goal at time, Too many goals at one time will raske player puzzled and won't able to concentrate on his task.
4. One should keep on evaluating if goal are reset due to any obstacle the player may re-evaluated but most of the time the player are afraid to re-evaluate goals
5. Most of time one find that player set un measurable goal which cannot be measured Setting un-measurable or general goals will not solve three propose
6. There should be concrete plan but of the time we find that there is no plan or any strategies are laid down which make player to stand in no man land.

DREAM, PLAN, VIEW & REVIEW.

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