



## Tactical neutralization techniques of track & field fundamentals for teachers & coaches

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### ***Abstract***

*Tactical neutralization techniques of track & field fundamentals for teachers & coaches are very important as the performance of the players is dependent on this. is Tactical neutralization techniques a debatable topic as sports organizations & academics are concentrating on increasing performance of the player on linking his confidence level with his performance technique. This paper examines the strategies of identifying the necessities for Tactical neutralization techniques of track & field fundamentals for teachers & coaches*

***Keywords:*** *Tactical neutralization techniques, Sports psychology.*

### **Introduction**

Track and field events allow athletes to use their running, jumping and throwing skills to win competitions. Track meets take place on an athletic track that may be located indoors or outdoors. Track and field events can be performed as individual sports or as a team sport.

**The events of track & field** -track and field events are divided into three broad categories: track events, field events, and combined events. The majority of athletes tend to specialize in just one event (or event type) with the aim of perfecting their performances, although the aim of combined events athletes is to become proficient in a number of disciplines. Track events involve running on a track over a specified distances and—in the case of hurdling and steeple chase obstacles may be placed on the

track. There are also relay races which teams of athletes run and pass on a baton to their team member at the end of a certain distance. ( Mike rosenbaum- Introduction to track & field events :2014).

There are two types of field events: jumps, and throws. In jumping competitions, athletes are judged on either the length or height of their jumps. The performances of jumping events for distance are measured from a board or marker, and any athlete overstepping this mark is judged to have fouled. In the jumps for height, an athlete must clear his or her body over a crossbar without knocking the bar off the supporting standards. The majority of jumping events are unaided, although athletes propel themselves vertically with purpose-built sticks in the pole



vault. (Mike rosenbaum- Introduction to track & field events :2014).

The throwing events involve hurling an implement (such as a heavy weight, javelin or discus) from a set point, with athletes being judged on the distance that the object is thrown. Combined events involve the same group of athletes contesting a number of different track and field events. Points are given for their performance. in each event and the athlete with the greatest points total at the end of all events is the winner. ( Mike rosenbaum- Introduction to track & field events :2014 ).

#### **Tactical neutralization techniques-**

Tactical neutralization techniques of track & field fundamentals for teachers & coaches are very important as the performance of the players is dependent on this. The increased stress of competition can cause track & field athletes to react both physically mentally in a manner that can negatively affect their performance abilities. ( Jim santos- Filed events inner circle-paper back publication 1989).

The track & field athletes become tense their heart rates race , they often break into a cold sweat as they start worrying about the outcome of the competition. They find it hard to concentrate on the task in hand , this has led coaches to take an increasing interest in the field of sport psychology & in particular in the area of competitive anxiety. ( Jim santos- Filed events inner circle-paper back publication 1989). That interest has

focused on techniques that athletes can use in the competitive situation to maintain control & optimize their performance once learned these techniques allow the athlete to relax & to focus his attention in a positive manner on the task of preparing for and participating in competition psychology in another weapon in the athlete's armory in gaining the winning edge/ The 4 Cs concentration confidence control commitment 4Cs are generally considered the main mental qualities that are important for successful performance in most sports.

1. **Concentration** – the ability to maintain focus
2. **Confidence** – the belief in one's abilities
3. **Control** –the ability to maintain emotional control regardless of distraction
4. **Commitment** – the ability to continue working to greed goals.

The techniques of relaxation centering & mental imagery can assist an athlete to achieve the 4Cs . Concentration is a mental quality to focus on the task in hand If the athlete lacks concentration then their athletic abilities will not b effectively or efficiently applied to the task research has identified the following types of attention focus

1. Borad narrow continuum – the athlete focuses on a large or small number of stimuli



2. Internal external continuum – the athlete focuses on internal stimuli or external stimuli
3. The demand for concentration varies with the sports
4. Sustained concentration distance running cycling tennis squash
5. Short burst of concentration - cricket golf shooting athletic field events
6. Common distractions are anxiety ,mistakes, fatigue ,weather, public announcements, coach / manager/ opponent & negative thoughts

#### Strategies-

1. Strategies to improve concentration among track & field athletes are very personal . Setting the goals is very important for a track & field athlete has to identify the specific goals for this super performance , he has to strive hard towards achieving this. Hence the techniques adapted for track & field athletes are very important. ( Rob Price -Ultimate guide to track & field events 2007).
  2. track & field athletes will develop a routine for competition that may include the night before morning pre competition & post competition routines these routines have to be approximately structured than they can prove useful aid to concentration . Coaches should take extra care in planning the routine of an track & field athletes. ( Rob Price Ultimate guide to track & field events 2007)
1. track & field athletes performance results from the confidence level of an athlete who can demarcated makes between the goal & his ability. The athlete will have self confidence if they believe their goal. A coach can make the athlete understand the goal he has to reach & he has to make the athlete understand & identify the conviction about his own abilities. (USA track & field coaching manual government of USA publication 1999).

#### The roles of a coach -The following are very important tips for coaches who are coaching track & field athletes

1. A coach can amplify his supervising behavioral aptitudes such as putting maximum effort through incessant training & practice to track & field athletes
2. A coach can act with Commitment & reflect on his willingness to take chances
3. A coach can show control over his / athletes feelings such as excited/ anticipation /clam /elation/
4. A coach can show Focus both on self / athlete / on the task he is doing
5. A coach can open to learning from past errors & should support his



- athletes to learn from others as well.
6. A coach can portray himself as positive as his Positive reaction to set backs will prevail upon his athletes
  7. A coach can make a difference with his athletes with great planning & preparedness
  8. A coach can depict himself as a master of arts in showing self confidence & making his athletes show Self confidence as well.
  9. A coach can make his team affirmative & he should be prepared to take responsibility for outcomes whether positive or negative (Rob Price Ultimate guide to track & field events 2007).

**Preventive strategies-** A coach has to commit himself in devising techniques of great performance & he has to abandon

1. Low self confidence
2. Thoughts -negative/ defeat or failure
3. Feelings tense/ dread/ fear /not wanting to take part
4. Focus – on others on less relevant factors / on comments / on blames
5. Behavior lack of effort likely to give up unwilling to take risks blame others.

**Conclusion-** Thus identifying the importance of Sports psychology for coaches of track & field events is

gaining popularity across the globe. These requirements are vital to competency building of athletes. The performance of the player is always run by the psychology he displays while performing. The techniques of relaxation centering & mental imagery can assist an athlete to achieve the goal. Tactical neutralization techniques of track & field fundamentals for teachers & coaches needs to be supplemented with sports psychology as victory depends more on the mental state of the athlete rather than his successive physical health conditions. Coaches need to take support of the sports psychology in coaching the athletes in an affirmative way.

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