

GENERAL DIDACTIC PRINCIPLES

1. The principle of scientific training

2. The principle of adaptability of training to the age of the athlete

3. The principle of systematic and gradual coaching

4. The principle of connecting theory and practice

5. The principle of obvious

6. The principle of conscious athletes' activity in the training process

7. The principle of sustainability of knowledge acquisition, skills and habits

8. The principle of individualization

1. The principle of scientific training

➤ Leading in the system of principles

➤ Expresses the scientific provision of training

➤ Based on the social development of society, as well as on the latest technical and technological achievements

2. The principle of adaptability of training to the age of the athlete

In traditional didactics, this principle is marked as the principle of accessibility (accessibility):

“Do not impose anything on the mind which does not correspond to age.”

“Never to train what is for athletes unavailable.”

2. The principle of adaptability of training to the age of the athlete

To make complex training tasks available, their scope and adaptation of training to the age of the athlete:

➤ Selection of training content

➤ System of their study

➤ Rational training methods

➤ Work of coaches and athletes

The personality of the coach and his professional and pedagogical knowledge

3. The principle of systematic and gradual coaching

Gradualness in coaching a clear breakdown of the goals pursued and their

Clear and logical analysis of the training materials and highlighting what is important in it

4. The principle of connecting theory and practice

The assumption of a more complete and complete work

Connecting theory and practice has always been the way to go mastering numerous and different knowledge!

5. The principle of obvious

To make it easier for athletes to face the reality

Getting to know things, phenomena, their processes and understanding their relationships

Knowledge of general and thus abstract opinion

6. The principle of conscious athletes' activity in the training process

Positive attitudes towards learning

Intention and need to learn something

Improvement of sports technique

Improvement of current bio-motoric dimensions

Improvement of sports technique

6. The principle of conscious athletes' activity in the training process

Essence and basic tasks:

- how athletes acquire knowledge
- what is their attitude towards coaching
- quantity and quality of their activity in the process of learning training material

7. The principle of sustainability of knowledge acquisition, skills and habits

Firm and lasting adoption of theoretical and practical knowledge habit from the training process

Instead of a huge number of facts that athletes find difficult to adopt, and instead of passive adoption and accumulation of knowledge, it is necessary to provide the most important content, essential facts and figures, to master complex sports skills to such extent, that can be firmly and permanently adopted

8. The principle of individualization

Athletes differ according to their:

➤ achievements

➤ intellectual abilities

➤ learning speed

➤ motivation

➤ interests and attitudes

8. The principle of individualization

- the way they respond to different experiences in terms of motor learning and training strategies
- some learn most easily through demonstrations
- others through listening
- the third through action
- some learn more successfully under pressure, others like freer pace

Common didactic principles

The first, who shaped the general didactic principles was J.A. Komenski

1. From easier to more difficult

2. From simple to complex

3. From the known to the unknown

4. From closer to farther

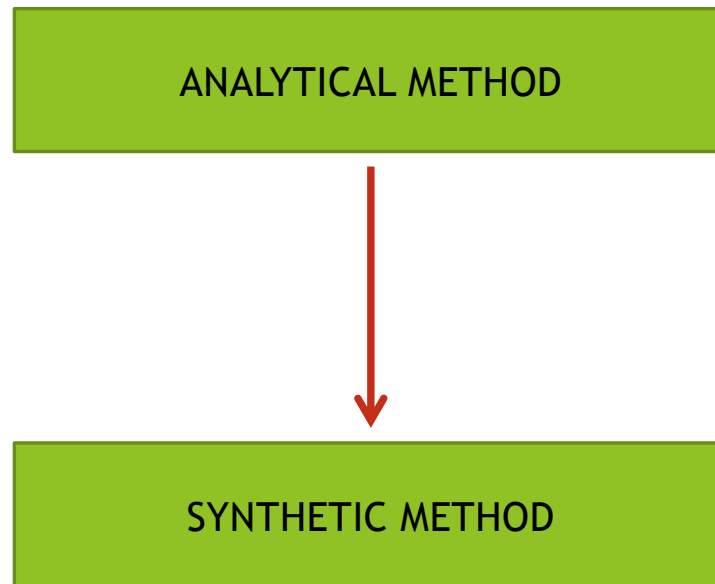
1. From easier to more difficult

Every skill in sports is complex and can be divide into relatively independent parts.

First are trained physically less demanding elements, requiring less effort in their performance.

If an athlete is easier understanding and faster learning more complexed skill, the order can be changed.

2. From simple to complex



3. From the known to the unknown

First is the training of already known skills

Next training step is mastering of segmented specific skills, which are typical of a particular sport discipline

3. From closer to farther

It is most common in sports games when training tactical combinations

Applied didactic principles (example for sports games)

1. From weaker to stronger stress.

2. From slower to faster movement.

3. From less to more endurance.

4. From rectilinear to curvilinear motion.

5. From ergo-static to intermittent mode of movement.

6. From larger to smaller number of movements in one series.

7. From smaller to larger series in one training session.

8. From longer to shorter rest intervals.