



(U8L4R1) 6 S's of Training



6

S's of Training

1 . Skill

4 . Strength

2 . Stamina

5 . Speed

3 . Suppleness

6 . Safety

Different activities and the body

Different sports require athletes to train in different ways. Within teams people can have different roles depending on their body height and shape. For example, in a netball team goal shooters and goal defenders need to be tall but mid-court players can be shorter and faster.

Certain physical and physiological tests are made to match up an athlete with what sport they could be good at and to determine what sort of training they should be doing.

Measuring different things: physiological

Explosive power is determined by measuring your vertical jump capacity.

Explosive power is good in sports such as cycling and weightlifting.

Sprint speed is measured over 20m and 40m and being fast is good in team sports.

Endurance is suited to sports such as marathons, cycling, swimming and triathlon.

Measuring different things: physical

Standing height – If you are 12 years old and measure 173cm or more you would be classified as tall for your age and could be good at rowing or volleyball. If you are short you could be good at gymnastics.

Sitting height (to give trunk and leg length) - a long trunk (with short legs) is advantageous in sports such as canoeing and a short trunk (and therefore long legs) would be suited to high jump. A rule of thumb measurement is that your sitting height should be 52-53% of your total height. Long legs are good for reach but are a disadvantage when turning.

Arm span – a large arm span is one that is 5-10cm greater than your height and would be an advantage in sports like rowing, discus and canoeing. A short arm span would be better suited to sports such as weightlifting.

