

DESIGN A COACHING MODEL TO ENHANCE TRACK AND FIELD PERFORMANCE

RMSR Kumara^{1#}, S Jeganenthiran¹, Vasanthapriyan² and
GLS Jayalal³

¹Department of Sports Sciences and Physical Education,
Faculty of Applied Sciences, Sri Lanka

²Department of Computing and Information System, Faculty of Applied Sciences
Sabaragamuwa University of Sri Lanka, P.O. Box 02, Belihuloya, Sri Lanka

³National Institute of Sports Science, Colombo 07, Sri Lanka
#sujith.9319@gmail.com

Training periodization has long been used by athletes and coaches in an attempt to maximize fitness gains and physical performance. The purpose of this research was to design a coaching model to improve track and field coaching and to design a database coaching model to enhance track and field coaching. The weekly, monthly and annual coaching plans have been designed systematically. Sri Lankan athletic national coaches were used as the population in this research, and twenty-five of them were selected as the sample of the research. Random sampling technique was used to select the samples out of the population. An experimental research design was used, and questionnaires and interviews were used as methods to gather information from the selected sample. The data gathered through the questionnaires was analysed using SPSS software. A software model was created in

order to illustrate the coaching model of sports training by using the results of analysed data. By using this software, coaches can gather necessary information about sports training work plan and create an efficient way. Ninety four percent of the sample was accepted for the production of the software and sixty four percent had provided suggestions. Currently, this process is worked out manually, the main attention is to create a systematically and psychological trained and developed system, which is easier to use and more accurate. Hence, a conceptual model will analyse better results by supporting national coaching in Sri Lanka and also this will be a very beneficial software for a wide range of people and society.

Keywords: Periodization, Coaching model, Annual plan