

International Conference on

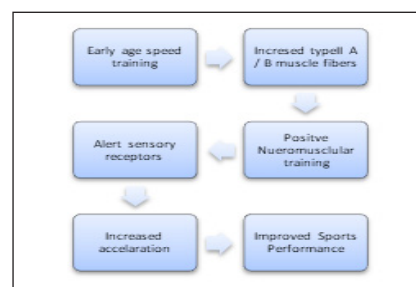
PHYSICAL EDUCATION, SPORTS MEDICINE AND DOPING STUDIES

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Early-age speed training

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Statement of the Problem: Sportsmen start working on speed at very late age resulting in slower twitch muscle fibers and causing lack of speed in their sport. Speed, not only during linear acceleration but during rotary movements as well, working on it in before puberty is one of the biggest plus in any sport which most of the coaches neglect to do in young ages. Thorough analysis in sports science show that the early you train athlete the better the results, considering their anatomical and physiological changes during puberty. To improve speed of any kind equal attention should be given on neuromuscular system from very young age. As scientifically structured speed exercises allow brain to rehearse the situation eventually adapting to it, which is often neglected. Another ignored area in most of the sports is change of velocity, which is very common in almost all sports where athletes attempt and reach to maximum acceleration from stationery or from partial momentum. No person can be naturally perfect for high level speed.



Methodology & Theoretical Orientation: Numerous body types and physiological variations like height, weight and limb length were tested. Various tests for determining muscle fibers were done to check out factors affecting acceleration and speed.

Findings: Athletes who had started young were slightly heavier with the musculature and tall helping them to have increased stride length. These athletes were also perfect with their running biomechanics. One of the most important factors in generation of speed from muscle physiology was sensory receptors which gradually starts slowing down the reactive ability if not used early. Several other factors such as genetics also contributed in fast-twitch and slow twitch fiber percentages.

Conclusion & Significance: Athletes who start speed training in late age of their puberty cannot contribute much in sport. Recommendations for starting the speed training from early ages have been made which should be carried out with scientific plan and research.

Recent Publications

1. Physical Factors contributing in Badminton (2014).
2. Neglected conditioning strategies (2014).

Biography

Abhishek Deo has his expertise in sports performance enhancement and passion in improving the overall standard of sports medicine. He has handled some of India's and World's top most athletes on numerous occasions and made them achieve the highest goals in their respective field. He has published his first book on conditioning strategies in Badminton followed with right nutrition in 2015. He has completed his PhD in Sports Performance Enhancement and Substituting Performance Drugs in December 2016. Currently he is teaching and guiding students about sports biomechanics, sports genetics, sports conditioning, etc. at the Institute of Global Education.

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