



Advances in Physical Activity for Sport Performance

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Message from the Guest Editors

Dear Colleagues,

An important requirement of training is individualised performance. Coaches and trainers must consider the unique abilities, learning characteristics, and needs of athletes. Modern technology helps analyse training loads in detail for designing appropriate programmes. The development of skills and the body's training response vary by age and past injuries. Promoting athletes' development and integrating physical training into technical and tactical aspects are crucial. Athletes should evaluate physiological responses in training, developing patterns transferable to competition. This methodological approach is key to enhancing performance and maintaining health in all sports.

Keywords:

- Individualised training
- Modern technology
- Analyse training loads
- Maturational development
- Behavioural patterns
- Transferred to competition





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Message from the Editor-in-Chief

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