

ACHIEVING “FLOW” STATE IN SPORT THROUGH PERIODIZATION OF TRAINING PROGRAMME

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ABSTRACT

Researchers have shown that achieving flow state brings about higher performance in sport. It brings about positive experience and intense feeling of enjoyment. Not only this, it has strong correlation with skill development and personal growth. Experience too has shown that athletes enter the “zone” or flow state when there is balance between skill level and challenges. It thus means that lack of adequate and appropriate skill may prevent players from entering the flow state. To strike a balance between skill level and the challenges posed by the task requires scientific approach. A coach must understand how to construct Optimal Performance Training Model (OPTM) for their players to enable them enter flow state quickly. This training model must systematically and progressively builds the proper sociological, mental, physiological abilities, necessary fundamental skills and psychological tools that will lead to achieving target goal. This performance model is referred to as periodization. It has been discovered that most Nigerian coaches are ignorant of the efficacy of periodized training program. The purpose of this study is to bring to the surface how to achieve flow through periodization.