# Activity sheet 10: Advantages and disadvantages of different training methods related to a selected sport or activity

*Learning aim A: Training to improve fitness for sport and activity*

*Learning aim A2: Methods of training for sport and activity*

1. A basketball coach wants to carry out training to improve the power of his basketball team. He decides to use plyometric training using benches for the team to jump on and off. Explain one advantage and one disadvantage of this method of training.

Advantage:

Disadvantage:

1. A butterfly swimmer has noticed that they have limited flexibility in their shoulders and wants to increase the flexibility in this area. They decide to use PNF stretching to increase their flexibility. Explain one advantage and one disadvantage of this method of training.

Advantage:

Disadvantage:

1. A person new to weightlifting wants to increase their strength to help to improve their rugby playing performance. They decide to use free weights to increase their strength. Explain one advantage and one disadvantage of this method of training.

Advantage:

Disadvantage: