

Название публикации:

Sport reserve training system optimization in Elite Basketball

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Аннотация:

The study analyzes findings of the research project to improve efficiency of the sport reserve training system applied in the national elite basketball. Applied for the study purposes were the competitive reporting data analyses, with the input data mined in the technical competitive records with a special emphasis on the technical and tactical match-specific performance and competitive workload rating data. The reported data analysis gave us the grounds to offer recommendations on how the men's national basketball team may be composed for the upcoming European championship based on the following: analysis of the individual performance in the United Basketball League using a variety of performance and pre-season fitness rating criteria; detailed tests and analyses in the training sessions; and systemic monitoring of the individual performance in the training process using the relevant computerized test complexes like ESTECK System Complex that provides 100% accurate physicality rating test data. The coaching team shall apply the objective performance rating data to make timely adjustments to the individual and team training plans and game roles, with the offence and defense strategies and team management models being adjusted to benefit from the individual best qualities and skills. © 2018 Teoriya i praktika fizicheskoy kul'tury i sporta. All rights reserved.

Ключевые слова:

Basketball, Competitive performance, FitnessInnovative athletic performance test and rating technologies