Original Article

Optimization of the technical training system

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Published online: October 30, 2016

(Accepted for publication September 25, 2016)

DOI:10.7752/jpes.2016.s2163

Abstract:

The issues related to the optimization of the basketball players training are considered in this work. The purpose of the work is to search for reserves to improve the system of basketball players technical training. The attention of the basketball experts is drawn to this fact that the hitherto known basketball programs do not take into account that the mastering of playing techniques depends on the mobility opportunities in accordance with the age of sportsmen. It is established that we need to pay the considerable attention to the basketball players technical training taking into account the science-based strategy for age-related characteristics.

Keywords: basketball, system of training, technical training, optimization.

Introduction

The modern level of the basketball development is characterized by a high development level not only of physical qualities, psychological stability, tactical training of the athletes, but also a high level of technical training. The practice shows that the gaps in the basketball players technical training are difficult to fill up completely even with a high level of physical qualities.

The problem of the basketball players technical training can be solved by finding the optimal way of distribution of the technical training at different stages of sports improvement, by increasing the role of the individual training.

The research analysis of this problem shows that it constantly attracts the attention of sports professionals [1-5]. At the same time it is being solved very slowly. The coaches of the children and youth sports schools don't pay enough attention to the importance of technical training in their practice. Practically the age characteristics of the athletes as well as the development of their physical qualities are not sufficiently considered.

The purpose of the work is the improvement of the system of basketball players technical training.

Material & methods

The subject of the research. The athletes of initial training, educational and training, sports improvement groups took part in the test. In general 1230 basketball players were examined.

Methods

The analysis of the literature and the summarizing of the practical experience of basketball coaches and skills generalization.

Results

The research has shown that at all stages of training - from the initial groups to groups of sports improvement – quite a stable considerable scope of physical activity concerns the playing techniques. As for the comments on the general and special physical training, their relative number is gradually shifted to the finishing of basketball sports school, regardless of the physical characteristics of the body and the mechanism of the age development of physical qualities: agility, speed, strength, endurance. (Table 1).

Table 1. The time allocation in the program for all types of training (%)

Type of training	Groups								
	Initial Training		Educational and training				Sports improvement		
	10–12	11–13	13–14	13–15	14–16	15–16	16–18	17–19	18–20
GPT	31,5	30	23	23	18	11	10	10	9,5
SPT	18,5	16	17	16	16	15	13	13	12,5
Technical	25	24	23	22	22	25	22	21	22

The planning and performing of physical activity must be considered as relatively restricted age zones and the most suitable for the development of certain physical qualities and playing techniques. It is recommended to shift the pedagogical influence especially for the athletes of 10-13 and 16 years old when all systems of the body are intensely developing. The hitherto known basketball programs don't take it into account. For general and special physical training of 10-12 year old athletes is given up to 50% of the time, 13-year old ones – up to 40%.

The level of dexterity, coordination of basketball players movements and the ability to apply all of this in complex, ever-changing situations are very important for mastering of basketball playing techniques. The boys of 12-13 years old have well-developed motor and vestibular analyzers and when they are 11-14 years old their flexibility increases by approximately 25%. This suggests that this is the most appropriate age for the mastering of playing techniques.

Discussion

Up to the age of 12 the child acquires 90% of all motor skills. In basketball the lack of research of motor abilities of young children (7-11 years old) at the stage of initial sports training complicates the further sports improvement and does not allow to master the playing techniques completely. It is in these age groups when the large scope of physical activity inhibits the development of technical skills. At the stage of initial sports specialization and in-depth training the athletes must master kinematic and dynamic aspects of motor skills in the mode which is required for the future competitive activity. At the age of 12-15, every new basketball player must master the playing techniques as the first thing. Now when the speed of the play has increased significantly the level of the mastering of playing techniques should be high.

The lack of the proper attention to the age peculiarities of young basketball players are often aggravated by the fact that the children and youth sport schools form teams of 12-14-year-old athletes. Thereby the early specialization starts which focuses on the formation of a player of a certain role. The training is conducted in this way. Thus, it is difficult to achieve consistency in the mastering of playing techniques.

Conclusions

The effectiveness of the system of long-term training of the basketball players in terms of not only the physical, psychological, tactical but technical training will increase significantly if at all stages of sports improvement it will be carried out with taking into account the science – based strategy dealing with age-related features.

The achievement of the ultimate goals – the training of the highly qualified reserve depends on the program-regulatory framework, the organization of the training process, the competition system and the creative approach to these issues of the coaching corps.

The optimization of basketball training system is a complex problem that requires further research.

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