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Aspects of the 30 m Speed Development in Junior Basketball Players

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Abstract

Driving quality – speed – is and must be present in the "motor baggage" of each basketball player, given the evolution of basketball into a dynamic game, where the technical execution of players and the expert interest in honing these driving qualities excel.

Improving the quality of the driving speed among junior players will allow the acquisition and strengthening of technical and tactical actions, the signs of high speed, which will all be beneficial for the young basketball players' path to a senior career and high performance.

The interpretation of the results was performed using the graphic method in order to capture the differences between the indicator values calculated for teams and players who play fullback positions, extreme pivots, as compared to the reference value for this age group - 3.9 sec, considered as a performance for basketball players that allows adequate expression of tactical and technical knowledge as well as the achievement of optimum performance.

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1. Introduction

Physical preparation is a factor of sports preparation consisting in systematic and rational practice exercises, physical and motor skills development and education. Through it all driving skills develop and a large number of movement skills are built, creating the basis for the successful development of sports activity (Moanță, 2000). The practice of physical training aims mainly at developing driving skills in the training period and improves or

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maintains them during the competitive period. The physical training results depend on the method used and its efficiency.

Physical preparation is the underlying structure of the whole training process. Refers to increase endurance, strength, speed and mobility (suppleness), which is the basic driving skill. It also refers to the special capacity, the explosiveness of its different applications (the jump, the shot, the passes) and its duration (explosive strength), the ability to accelerate, the starting speed and generally the attitude kinetic dynamic player it is special physical qualities (Anastasiadis, 1989).

The superior level (maximum) driving expression of capacity, complements to some extent, gaps in the development and education of other motor skills. It was agreed, however, that with increasing sports mastery, ability mutual substitution tends to restrict driving capabilities (Predescu and Ghițescu, 2001).

The conditional capacities are defined as the organ / muscles capacities whose limiting factors are related to the amount of energy available to muscles and mechanisms that regulates the flow (enzymes, speed and strength of contraction due to the ability of motor units).

The conditional and the coordinative capacities differ in the following aspects:

- functional bases that limit the performance;
- forms of development in young age;
- the ratio of their progress in the two sexes;
- coaching in relation with age;
- drive means.

The driving quality - speed - is and must be present in the "motor baggage" endowment of each basketball player, given the evolution of the game of basketball to a dynamic game, the speed at which it excels executions technical specialists to educate players and concerns motor skills, ubiquitous in basketball. This driving quality offers players a number of advantages:

- allows the technical and tactical execution in a sustained rhythm;
- confers the player a high degree of adaptation to the complexity and dynamism of the basketball game ;
- develops the player's thinking skills, attention, reasoning, ability to concentrate.

2. Material and methods

2.1. Premises

The driving education is and will be a major concern of the specialists in sports in general, and especially professional sports, as evidenced by the few arguments supporting the statement made:

- have a significant role in the man's driving capacity;
- through their basic physical skills (strength, speed, endurance, etc.) it manifests itself in the specific process of preparation of athletes;
- have a significant contribution to achieving the highest possible indices of athletic performance;
- the driving qualities largely condition the building and in particular consolidating the driving skills constituting the fundamental right;
- by improving their education and ensure the harmonious development of body and improvement of physiological indices;
- improve driving skills through specific basketball game exercises which consolidate the technical executions of young players, so that they will be able to apply what they acquired in the course of training during competitions, depending on the game situation;

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