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FACULTY OF PHYSICAL CULTURE AND SPORTS

POST DIPLOMATIC-MASTER STUDIES

THEME:

**TRAINING OF BASKETBALL PLAYERS BASED ON COMPETITION
ACTIVITES**

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ABSTRACT

If we consider that the game of basketball is characterized by typical and not typical situations, it is necessary for analysis and application of the installments in the game. Problem of the measuring structures which may help us to better understand those positive and negative dimensions of the team in competitive conditions is done with series of statistical techniques.

For this reason it is important to handle the greater number of effective situational indicators who can successfully enroll in basketball games. In this case, FIBA has standardized thirteen indicators of situational efficiency who are officially transmitted in each game. With the help of these additional indicators and their analysis the exact type of training can be determined which would influence the quality of the game in basketball, whether individual or group work.

INTRODUCTION

The game of basketball has recently taken a rapid development, also in the improvement of the game quality, even in our region. Knowing the physiological principles of training and the game of basketball is very useful for coaches, players and for all those involved in basketball.

This recognition enables better information and plays an active role in the planning and adaptation of the training program in order to achieve the results set. Basketball today is one of the most desirable collective sports dominated by quick transformations from action in action. This is a special kinesiology action and is not only collective game but individual game. If we analyze the game as a series of work within the game who form different things during the game and see the game in each event is in accordance with the principles of the game (Wissel 1994).

With appropriate leadership of game statistics and notes during the game opportunities for analysis of effective situational indicators are created during the game, also the parameters belonging to the tactical part with responsibility and commitment. In each game of basketball we can record large number of information suitable for interpretation. In modern sport structure of competitive activities parameters presents the cooperative basis of athlete and team's analysis, and this is most important for the effectiveness of sports training programming. For this reason it is necessary to form the correct structures of competitor efficiency indicators, and to come to these important information is necessary to organize statistical monitoring and analysis during the basketball game and competitions.

By the time when basketball was discovered for the first time, it took more than 100 years and since then basketball is advanced in a positive way and has become one of the most famous sports as a collective sport in the world.

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CONCLUSION

For coaches and other experts it is of great importance to specify which elements of the game mostly depend on the victory in the basketball game or winning a competition. When analyzing the movement of the player without special analysis it can be seen how working with complex motion activities is with “poly structural” attitude for the success of which are responsible different virtues and human skills. Also without any reservation it can be concluded that the base stands in motion skills. During the analysis of the event in the field, firstly there is a wide range of different skills, many different complex movements and actions which dominate in certain stages of the game. There are many criteria with objective for analysis of the game. Complete analysis as well as the elements that lead to the victory of one team can realistically can be set based on standard indicators of the basketball game that are associated with the statistic that is presented in any official competition. On the basis of these comparable indicators exercises systems are formed which are necessary for a team to be successful.