



TECHNOLOGY OF BASKETBALL TRAINING PLANNING ADJUSTED FOR THE INFLUENCE OF HIGH PERFORMANCE SPORTS GLOBALIZATION FACTORS

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Abstract

Modern worldwide trends in the sport development witness the need of considering the factors of globalization: migration and concentration of athletes in leading training centers and best leagues in the world, professionalization and commercialization, socialization and politicization and general informatization of society.

The objective – to substantiate and develop the technology of national basketball teams training planning in terms of the influence of globalization factors on high performance sports.

Methods: analysis and generalization of scientific and methodological literature, Internet data; retrospective analysis and generalization of practical training experience of highly skilled basketball players; pedagogical observations, theoretical modeling.

Results. The study focuses on the current problem of optimizing the highly skilled basketball players' training for the official international competitions and suggests applying fundamentally different approaches to the existing technology.

The problem mentioned above includes high performance sport globalization factors, which have greatly complicated the processes of training for official competitions due to the active involvement of naturalized athletes – “migrants” and players of national championships of other countries (also called “legionnaires”) – to the national teams.

Conclusions. The existing problem can be solved by adopting fundamentally different approaches to the highly skilled basketball players' training planning that take into account game specialization and the players' universalization regarding their possible use in related roles and similar tactical interactions. It is also important to include quantitative and qualitative indicators of competitive practices of respective levels and introduce qualified assessment for the current level of athletes' skills for optimization of the training planning process for official competitions.

Key words: technology, sports games, basketball, globalization, migration, national team, training, competitions.

Introduction

Modern worldwide trends in the sport development witness the need of considering the factors of globalization: migration and concentration of athletes in leading training centers and best leagues in the world, professionalization and commercialization, socialization and politicization and general informatization of society [4, 11, 14, 15]. Nowadays only those national teams, whose leadership understands the peculiarities of the globalization processes impact and responds in accordance with the new approaches to the

organization and conduct of the training process may offer a decent fight at basketball courts and occupy award-winning places in top competitions [2, 5, 16]. The openness of the borders with regard to the migration of highly skilled athletes, their concentration in various leagues in the world for a number of good reasons, the change in the competition rules for qualifying rounds, when the teams have official games during the season without any possibility of long-term training, made the possibility of qualitative training process complicated [5, 17, 19, 20].



The factors of sport globalization, which have a significant impact on the training and competitive practices of highly skilled basketball players, lead to the ineffective combination of performances for national team and foreign professional basketball clubs, which as a whole significantly impedes the presence of the leader players on training sessions aimed at qualitative preparation for official competitions. It is quite common for the overwhelming majority of players (80-90% of the team) to start the program of training sessions while others, 10-20%, take part in the preparation for further stages: in training sessions, in the training process or in tournaments that precede the official competition [17]. This particular situation determines the creation of a training technology that would compensate for a different initial level of athletic performance of highly skilled basketball players.

The objective – to substantiate and develop the technology of the preparation planning of national basketball teams, taking into account the influence of globalization factors of high performance sports.

Methods

Research subjects: male and female Ukrainian basketball teams (U-18, U-20, national ones). Methods of the research: analysis and generalization of scientific and methodological literature, Internet data; retrospective analysis and generalization of practical training experience of highly skilled basketball players; pedagogical observations, theoretical modeling.

Course of the study: in current research, the available material on the issues of basketball teams' training in Ukraine and in the world for the period 2015-2018 is systematized and interpreted. The foreign experience is considered and the technology of Ukrainian national teams training planning adjusted for the influence of high performance sports globalization factors is suggested in order to form the rational approaches to the training process itself.

Results

Modern scientific, methodological and practical approaches to the development of a unified technology for the training of highly skilled basketball players in terms of the high performance sports globalization factors are based on a

combination of complex and individual approaches [14]. The process of training for official international competitions has distinct differences that arise due to the practical inability to provide the unity of the training process for all players of the team without any exception. The results of pedagogical observations, conversations with the coaches of Ukrainian national basketball teams of different age groups and gender and the analysis of the calendar plans of Ukrainian national basketball teams training [6] for the official international competitions allow formulating the main components of the technology of training planning of highly skilled basketball players for official competitions taking into account the influence of high performance sports globalization factors.

A number of special principles of sports training suggested by V. Platonov [13] make up the basis of the training technology formation of highly skilled basketball players' training for the official competitions, but unlike the classic schemes of highly skilled basketball players' training for the official competitions, we distinguish the following components:

- the differentiation of the team and its division into typological groups (starters, regular substitutes, enlarged squad players, prospective reserves) to optimize the training of players and teams in general, taking into account the role, current skill level of players, quantitative and qualitative indicators of competitive practice of certain levels: club, national, international;
- new, fundamentally different approaches to planning a team training for official competitions that take into account certain rotation of the players participating in the training sessions:
 - a) at the preparation stage for high performances;
 - b) at the stage of maximal realization of individual possibilities of athletes;
- individualization of training of highly skilled players who participate in national championships of other countries and are not able to participate in official competition training sessions of the team due to contractual obligations with a professional club or league;
- application of innovative methods of highly skilled basketball players' training management via computer programs that analyze the results of competitive practices ("LiveStat", etc.), official game protocols and statistics study on official



competition sites, monitoring the training process, its swift discussion, consultation, thoughts exchange between the players and the coaches, etc. (Skype, Viber, WhatsApp, etc.);

- the use of the model-target approach in the process of individual training of highly skilled players and in the starters' training, the implementation of model training tasks as an instrument for constructing a highly skilled basketball players' training process for official competitions, which bases are described by V. Kostiukevich [10];

- integration of the individual performance level of highly skilled players and the starters who participated in the training sessions into the corresponding indices of the team readiness for official competitions;

- practical realization of team performance level and its swift correction in competitive practices at official international competitions of the highest level European and World Championships, Olympics;

- expert evaluation of the results using the algorithm of the special analysis of competitive practices indices in team sports, developed by E. Yu. Doroshenko [8].

In the context of the technology presented above it is necessary to bare in mind the consideration and accounting of the factors of game specialization as components of the technology of highly skilled basketball players' training in the context of high performance sports globalization. In basketball, the experts make use of three main game roles: the playmaker, the shooting guard and the center, or the distribution of functions according to the five players' positions, namely: the point guard, the shooting guard, the small forward, the power forward, and the center. The tendencies of basketball development in the last several decades considered in the retrospective are aimed at simplifying the clear-cut boundaries between the game roles due to a certain number of distinctive features:

- contemporary basketball requires from players the demonstration of a wide arsenal of skills and abilities owing to the increased demands for a spectacular game;

- the ability to play at various game positions is appreciated not only by fans, but also by trainers and scouts of teams;

- high skill level of players, coaches and teams, scouting and modern information capabilities

require new approaches in preparation for each of the succeeding matches, so a narrow specialization reduces the competitiveness of players at the official international competitions level;

- the speed of changing the situations and high-quality aggressive defense have challenged players with difficult tasks to recover and reach a comfortable throw line, so now it's not a question of working out specific throw lines. A modern basketball player should be prepared to attack the basket from a position that is peculiar to the player of any role;

- the individualization of the game, which, by reducing the time of attack, has replaced the multi-tactical strategies and dictates higher requirements to the individual technical, tactical and physical preparation of the player.

It is not enough for a highly skilled basketball player to be able to apply in the game an arsenal of actions that are peculiar only to the players of the adjacent roles. Former talented stars (for example, Arvidas Sabonis, a 222 cm center player mastered a three-point shot and filigree effective assist that are typical for the playmakers; Ivan Yedeshko, 196 cm high, used his own anthropometric advantages in favor of the team acting as a playmaker) proved these well-known viewpoints.

If the examples mentioned above are of a situational nature and look like progressive innovations of talented players and coaches, then the modern components of sport globalization process have already insistently demanded the use of such requirements for a qualitative competitive rivalry:

- the professionalization of basketball leads to a constant search for ways to improve the competitive practice (for example, many techniques evolve due to the physical pressure of modern strength basketball). The spectrum of individual technical and tactical actions extends due to the adopting of new ways of performing the techniques typical to the players of related roles;

- the annual migration of athletes leaves little time and adaptability for team's tactical schemes. If a basketball player is able to react quickly to the situation (for example, to replace a seriously traumatized player in the starting line-up) – in this case, he or she can join the team and fulfill unrealized ambitions;



- the commercialization of basketball as a business product requires spectacular and effective competitive activity. Players who meet modern requirements and have a wide range of individual opportunities at the basketball court, overwhelm with the skills that are typical for players performing in related roles and receive significant financial gains in the form of contracts and promotional agreements with world leading brands.

Competing in games as a part of a national team of the country requires from players and coaches to work at their best in a very short period of time. The current state of training planning issue of highly skilled basketball players for official competitions requires the use of fundamentally different approaches, which to a large extent remain beyond the attention of sports managers and trainers. First of all, it concerns the consideration of the high performance sports globalization factors, which have greatly complicated the processes of training for official competitions due to the active involvement of naturalized athletes – “migrants” and players of national championships of other countries (also called “legionnaires”) – to the national teams.

The existing problem can be solved by adopting fundamentally different approaches to the highly skilled basketball players’ training planning that take into account game specialization and the players’ universalization regarding their possible use in related roles and similar tactical interactions. It is also important to include quantitative and qualitative indicators of competitive practices of respective levels and introduce qualified assessment for highly skilled basketball players. Regarding their quantitative and qualitative indices, it is logical to divide the team’s lineup into separate groups:

- starters (usually 5-6 players who can start the match depending on the tactical plans elaborated for a particular game and the characteristics of the competitive practices of players of the opponent’s team);

- regular substitutes (2-3 players, who significantly affect the competitive practice of the team in each match);

- enlarged squad players (basketball players involved in a game in a specific game situations or in order to obtain game experience);

- prospective reserves (players who receive training and competitive practice within the training

camp being a part of the team in order to gain experience and become team starters in the future).

For a productive basketball training, it is important to form a capable team that becomes possible when focusing on the following planning steps:

- define the priority tactical schemes of the team game to counteract particular rivals;

- choose the team composition taking into account the roles of players in accordance with the defined schemes;

- make a list of candidates according to the ranks in a team in order to create a professional competition of players in each game role;

- bare in mind the migration of candidates to the national team and choose the optimal composition of players’ training with regard to their roles (as a rule, the best players are involved in the training process at the latter stages thus it is important to engage young performers of similar roles at the beginning of the training process);

- use modern sources of transmitting the information for remote management of players’ training (for example, familiarization with tactical schemes, tasks for technical, tactical and physical training for extramural individual form of players’ training according to the requirements of team preparedness);

- control of the processes of players’ substitution in each role taking into account possible unforeseen losses (traumatizing, non-attendance and other force majeure circumstances), prevention of the situations that may lower the effectiveness of the competitive practice of individual players and a teams in general.

Formation of a training plan for a team requires intensive and careful work, and also taking into account numerous factors. A well-thought-out plan may allow reducing a large number of mistakes made by coaches who ignore many factors that are necessary for an effective training process planning. It is common knowledge that there is no project that is ideal concerning the content and does not require any correction in situations that arise during the work since it is absolutely impossible to think about all the details in advance; thus, it is not necessary in the creative work of a coach. The ability to make up the work according to the established plan taking into account innovations makes a high-



level specialist prominent from among others, that allows emphasizing his or her high professional competence.

The retrospective analysis of the annual reports of the coaches on the performances of Ukrainian national basketball teams provided the basis for forming a list of common issues that would be minimized due to the suggested differentiation of players into groups: the starters, the regular substitutes, the enlarged squad players and the prospective reserves.

It is a well-known and foregone fact that players who have the status of legionnaires (the ones who do not participate in the national championship) in fact are involved in the training process only at the final stages. This issue is especially relevant for coaches of national teams that compete for getting into the European Championship final for two seasons, during European championships and with a significant number of players with the status of legionnaires (or sports migrants). The qualitative indices that are necessary during the training time planning should include the following qualities: the number, distance indices and priority positions for the throws and their effectiveness, effective assists, rebounds, block shots, mistakes, personal remarks of and to the player, ITTS [12] (the index of technical and tactical skill, calculated according to the correlation between the player's and the team's performance) and considering the requirements for the player in the club (in order to determine the possibility of remote correction).

High-level basketball players require less training time of a team; their joining the team at the last stage of training can be used during the training process to check the long-term reserve, to encourage players who occasionally appear in the game, to enhance the prospects for players who are regular substitutes.

Discussion

There are certain significant contradictions in terms of the scientific discussion: on the one hand, the necessity of a qualitative training process planning is dogmatical [8, 14]; on the other – it is impossible to take into account the influence of the changing high performance sports globalization factors in full [1, 5, 11, 18]. According to the

authors who study the qualitative training of players and the peculiarities of the training plans formation, the information on the quantitative and qualitative indices of players and their real possibility to participate in the training process of the team are important [3, 13]. The need for a fundamental correction of training plans for further management of the training process makes the researchers think about a number of problematic issues, since the players' nonattendance of the training sessions, even for justified reasons, compromises the adequacy of the training process for the entire team [5, 8].

The researchers who study the peculiarities, model characteristics, selection requirements at different stages of the players' training, confirm the need for the universalization of players in terms of the roles, being a modern requirement to a high skill level [10, 14], which, in our opinion, serve as the basis for applying a flexible approach to readiness to consider the influence of globalization processes, presented in the technology of national teams training planning [17]. Despite the debating statements, foreign specialists drawn their attention to the need of taking into account the factors of sport globalization a long while ago and have been developing the stages of planning the training process on this basis, which is represented in their scientific works [7, 9, 11, 15].

Conclusions

1. The analysis of the scientific researches regarding the specific features of the training planning adjusted for the influence of high performance sports globalization factors showed that over the last decades basketball has undergone drastic changes and can effectively develop only with the consideration of global factors; it needs modified approaches to the building of the training system, an appropriate scientific substantiation, a content training component and normative principles of its organization.

2. The developed technology of national basketball teams' training planning in terms of the influence of globalization factors on high performance sports includes a justified approach to the studying of the issues of national teams training planning and should simplify the relevant organizational mismatches. Before forming a training



plan, the coach should collect the information on the quantitative indices of the player's participation in training and competition process, namely: the number of trainings in the weekly microcycle, the hourly workout equivalent, the predominant focus of the training process at the stage of joining the national team, the number of appearances at the

official matches in the last month, the level of the championship (tournaments), the average amount of time spent on the court.

Conflict of interest

The author claims that there is no conflict of interest.

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