MODERN METHODS OF IMPROVING PHYSICAL AND TECHNICAL-TACTICAL PREPAREDNESS OF BASKETBALL PLAYERS

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https://doi.org/10.5281/zenodo.24151358

Abstract. *This article examines modern approaches to improving the physical and technical-tactical preparedness of basketball players. Basketball is a dynamic team sport that requires a high level of physical fitness, technical proficiency, tactical awareness, coordination, speed, strength, and endurance. The effectiveness of a basketball player's performance depends not only on individual physical abilities but also on the ability to apply technical skills and tactical decisions in rapidly changing game situations. The article analyzes the importance of scientifically based training methods, individualized training programs, functional exercises, game-based learning, and modern technologies in the development of basketball players.*

Particular attention is paid to the integration of physical, technical, and tactical training as an essential condition for improving competitive performance. The study is based on the analysis and generalization of scientific and methodological literature in the field of sports training and basketball methodology.

Keywords: *basketball, physical fitness, technical preparedness, tactical training, sports training, coordination, endurance, speed, strength, training methodology.*

INTRODUCTION

Basketball is one of the most popular and dynamically developing team sports in the world. Its development is associated with the increasing level of competition, the improvement of training technologies, and the growing demands placed on athletes' physical and psychological abilities. Modern basketball requires players to perform various movements at high intensity, including running, jumping, sudden acceleration, stopping, changing direction, passing, dribbling, and shooting.

The effectiveness of a basketball player depends on the harmonious development of physical qualities and technical-tactical skills. Physical preparedness creates the foundation for performing technical actions effectively, while technical and tactical preparedness allows athletes to use their physical potential appropriately during competition.

In contemporary basketball, traditional training approaches alone are insufficient to meet the increasing demands of competitive activity. Therefore, coaches and specialists need to introduce scientifically based training methods that consider the individual characteristics, age, functional condition, and sporting qualifications of athletes.

One of the most important directions in modern basketball training is the integration of physical, technical, and tactical exercises. Such an approach allows players to develop their physical abilities while simultaneously improving their decision-making skills and ability to perform technical actions under competitive conditions.

PURPOSE AND OBJECTIVES OF THE STUDY

The main purpose of this article is to examine modern methods of improving the physical and technical-tactical preparedness of basketball players and to identify the methodological principles that contribute to the effectiveness of sports training.

The main objectives are:

- To analyze the importance of physical preparedness in basketball.
- To identify the main physical qualities required for successful basketball performance.
- To examine modern methods of developing technical skills.
- To determine the role of tactical training in competitive performance.
- To analyze the possibilities of integrating physical, technical, and tactical training.
- To consider the application of modern technologies in the training process.

MATERIALS AND METHODS

The article is based on theoretical analysis, comparison, systematization, and generalization of scientific and methodological literature related to basketball training and sports pedagogy.

The following research methods were considered:

Analysis of scientific literature. Scientific publications and methodological materials concerning physical education, basketball training, sports physiology, and athlete development were examined.

Comparative analysis. Traditional and modern approaches to basketball training were compared in terms of their methodological characteristics and practical application.

Systematization. The main components of physical, technical, and tactical preparedness were classified and their relationships were examined.

Theoretical generalization. Scientific and methodological conclusions were developed concerning the improvement of basketball training.

The article represents a theoretical and methodological study. No experimental measurements or statistical results are presented as original research findings.

THE ROLE OF PHYSICAL PREPAREDNESS IN BASKETBALL

Physical preparedness is one of the fundamental components of basketball players' sports mastery. The nature of basketball activity requires athletes to demonstrate high levels of speed, strength, endurance, flexibility, agility, and coordination.

The main physical qualities required in basketball include the following.

Speed. Speed is essential for accelerating, moving into open spaces, returning to defensive positions, and reacting quickly to opponents' actions. Special sprint exercises, short-distance acceleration, and reaction-based drills are effective methods of developing speed.

Strength. Strength plays an important role in jumping, maintaining balance, resisting physical contact, and performing powerful movements. Exercises using body weight, resistance bands, medicine balls, and appropriately selected weights can contribute to the development of muscular strength.

Endurance. Basketball players must maintain a high level of performance throughout the entire match. Both aerobic and anaerobic energy systems contribute to basketball performance.

Interval running, repeated sprint exercises, and game-based conditioning drills are useful methods of developing endurance.

Agility and coordination. These qualities allow players to change direction quickly, maintain body balance, coordinate movements, and respond effectively to changing game situations. Ladder drills, cone exercises, defensive movement drills, and ball-handling combinations can be used for their development.

Jumping ability. Vertical jumping is important for rebounds, blocks, jump shots, and other technical actions. Plyometric exercises, jumping drills, and controlled strength training can help improve explosive power.

The development of these qualities should be systematic and based on the athlete's individual characteristics and training level.

MODERN METHODS OF DEVELOPING TECHNICAL PREPAREDNESS

Technical preparedness refers to the ability of basketball players to perform the fundamental technical actions of the game accurately, efficiently, and consistently.

The main technical elements of basketball include dribbling, passing, catching, shooting, rebounding, defensive movement, and individual offensive actions.

Modern technical training should not be limited to repeating individual movements. It should also provide opportunities to perform technical actions under conditions similar to actual competition.

Improvement of dribbling skills

Dribbling is one of the most important technical elements in basketball. Players must control the ball while moving at different speeds, changing directions, avoiding defenders, and maintaining visual awareness of their teammates.

Modern training methods include:

- Dribbling through obstacles.
- Alternating between the right and left hands.
- High-speed and low-speed dribbling.
- Changing direction under defensive pressure.
- Combining dribbling with passing and shooting.

These exercises contribute to improving ball control, coordination, and movement efficiency.

Improvement of shooting accuracy

Shooting is a fundamental offensive skill that directly influences the outcome of basketball games. Effective shooting requires correct body positioning, balance, coordination, concentration, and appropriate movement technique.

Training should include stationary shooting, jump shots, free throws, lay-ups, and shots performed after movement or defensive pressure.

Coaches should pay attention not only to the number of successful shots but also to the technical correctness and consistency of the shooting movement.

Development of passing skills

Passing allows players to organize offensive combinations and create scoring opportunities. Training should include chest passes, bounce passes, overhead passes, and passes performed while moving.

Exercises involving two or more players, passing under time limitations, and small-sided games can improve passing accuracy and decision-making.

THE IMPORTANCE OF TACTICAL PREPAREDNESS

Tactical preparedness is the ability of basketball players to select and apply appropriate actions according to the development of a game situation.

Basketball is characterized by continuous changes in offensive and defensive situations.

Therefore, players must quickly assess the position of teammates and opponents, identify available spaces, and make appropriate decisions.

Tactical training includes individual, group, and team tactics.

Individual tactics

Individual tactical preparedness involves the ability to use personal technical skills effectively against an opponent. It includes selecting appropriate dribbling techniques, creating space, choosing shooting opportunities, and defending against an opposing player.

Group tactics

Group tactics involve cooperation between two or more players. Examples include pick-and-roll combinations, screens, passing combinations, cutting movements, and coordinated defensive actions.

Team tactics

Team tactics represent the coordinated actions of the entire team. Offensive systems, defensive formations, fast breaks, and transition defense are important components of team tactical preparedness.

Modern tactical training should develop not only knowledge of tactical systems but also the ability to apply them flexibly in changing competitive situations.

INTEGRATION OF PHYSICAL, TECHNICAL, AND TACTICAL TRAINING

One of the most important principles of modern basketball training is the integration of different components of athletic preparedness.

In traditional training, physical, technical, and tactical exercises are often conducted separately. However, actual competitive activity requires basketball players to demonstrate these abilities simultaneously.

For example, a player receiving the ball after a high-speed movement must maintain balance, assess the defensive situation, select an appropriate technical action, and make a tactical decision within a short period of time.

Therefore, integrated training exercises should reproduce the main characteristics of competitive activity.

The following exercises can be applied:

- High-speed dribbling followed by a jump shot.
- Defensive movement followed by a fast-break attack.
- Repeated sprinting combined with passing exercises.
- Small-sided games with specific tactical objectives.
- Shooting exercises performed under time pressure.
- Defensive actions followed by immediate transition to offense.

Such exercises create conditions for developing physical qualities and technical-tactical skills simultaneously.

APPLICATION OF MODERN TECHNOLOGIES IN BASKETBALL TRAINING

The development of digital technologies has created new opportunities for improving the quality of sports training.

Modern basketball training can incorporate video analysis, performance-monitoring systems, digital training programs, and specialized software.

Video analysis allows coaches to examine players' technical actions, identify errors, and evaluate tactical decisions. By reviewing recorded training sessions and matches, athletes can better understand their strengths and weaknesses.

Performance-monitoring technologies can provide information about movement intensity, distance covered, acceleration, heart rate, and training workload, depending on the equipment used.

Digital tools can also support the individualization of training programs. Coaches can use collected information to adjust exercise intensity, recovery periods, and training volume according to athletes' needs.

However, technology should be considered a supporting instrument rather than a replacement for professional coaching, pedagogical observation, and direct assessment of athletes.

INDIVIDUALIZATION OF THE TRAINING PROCESS

Individualization is an important methodological principle in basketball training. Athletes differ in their physical development, technical abilities, functional capacity, psychological characteristics, and sporting experience.

Consequently, identical training loads may produce different responses among players.

An individualized training program should consider:

- The athlete's age and training experience.
- Current physical fitness.
- Technical and tactical proficiency.
- Functional condition and recovery capacity.
- Individual playing position.
- Training objectives and competitive schedule.

For example, guards generally require particularly developed speed, agility, ball-handling skills, and decision-making abilities. Forwards need a combination of speed, strength, coordination, and shooting proficiency. Centers require considerable attention to strength, rebounding, positional play, and movements near the basket.

These differences should be reflected in the content and organization of specialized training.

ORGANIZATION OF AN EFFECTIVE BASKETBALL TRAINING SESSION

An effective training session should have a clear structure and correspond to the main objectives of the training program.

The following structure can be recommended as a general methodological example.

Training stage	Main content	Approximate duration
Warm-up	Running, mobility, dynamic stretching and coordination	10–15 minutes
Physical preparation	Speed, strength, agility and endurance exercises	15–20 minutes
Technical preparation	Dribbling, passing and shooting	20 minutes
Tactical preparation	Individual, group and team tactical exercises	15–20 minutes
Game practice	Small-sided games and competitive situations	10–15 minutes
Cool-down	Recovery exercises and stretching	5–10 minutes

The duration of each stage should be adjusted according to the athletes' age, qualification, training objectives, and total session length.

RESULTS AND DISCUSSION

The theoretical analysis of scientific and methodological literature indicates that effective basketball training requires a comprehensive approach to the development of athletic preparedness.

Physical preparedness provides the functional foundation for performing basketball movements. Speed, strength, endurance, agility, and coordination contribute to the successful execution of technical actions during competitive activity.

Technical preparedness determines the quality and reliability of fundamental basketball skills. Continuous practice under different conditions helps players improve movement accuracy and technical stability.

Tactical preparedness develops the ability to analyze game situations and make appropriate decisions. Small-sided games and situational exercises can create favorable conditions for developing tactical awareness and cooperation between players.

The integration of these components is particularly important. When physical exercises are combined with technical and tactical tasks, athletes have opportunities to develop skills in conditions that more closely resemble actual competition.

The application of modern technologies can further improve training organization by supporting performance analysis, monitoring, and individual adjustment of workloads.

Nevertheless, the effectiveness of any training method depends on its appropriate selection, systematic implementation, and compliance with the principles of gradual progression, individualization, and recovery.

Thus, the improvement of basketball players' sports mastery should be based on the coordinated development of physical, technical, tactical, and psychological preparedness.

CONCLUSION

The analysis demonstrates that improving the physical and technical-tactical preparedness of basketball players is a complex and continuous process that requires scientifically grounded methodological approaches.

Physical qualities such as speed, strength, endurance, agility, coordination, and jumping ability provide the basis for successful basketball performance. At the same time, technical skills and tactical awareness determine how effectively these physical abilities are used during competition.

The use of integrated exercises, small-sided games, individualized training programs, video analysis, and performance-monitoring technologies can contribute to improving the organization and effectiveness of basketball training.

Coaches should consider the individual characteristics of athletes and establish an appropriate balance between training load, technical practice, tactical preparation, and recovery.

In conclusion, the modern approach to basketball training should focus on the comprehensive development of athletes and the integration of physical, technical, tactical, and psychological components.

Such an approach creates methodological conditions for improving individual performance and increasing the competitive effectiveness of basketball teams.

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