

ABSTRACT

Title: Diagnostics of fitness preparation of basketball players in youth categories

Objectives: Comparison of fitness tests between different sports and comparison of the values achieved by a selected group of basketball players with the values from these sports for the same age group.

Methods: The best results from the three attempts and the maximum number of repetitions of the bar tests were then structured in a table and the mean and standard deviation statistics were calculated using excel functions. Subsequently, the data were compared with available data from method sheets of different sports that use identical tests.

Results: By comparing the data, I found that the tested group of players achieved the required values for the age category in all tests except the repeated leg elevation test, compared to the available data. In this test only five players reached the values recommended in the method sheets.

Key words: basketball, diagnostics, testing, sports games, motor abilities