

ABSTRACT

Title:

Pre-game preparation structure and content in mens elite basketball .

Scope of thesis:

The aim of this work is to analyze and describe the comprehensive issues of preparation for the performance of player in sport-specific training or in professional basketball league match within the meaning of optimal warm-up of the player and his most effective motion apparatus set-up for the forthcoming performance. This thesis clearly defines the proportional ratio of active and passive parts of the warm-up, an amount of specific and nonspecific content in its active part and often discussed question of the volume of static and dynamic stretching. In terms of sequence of activities will be to define the order of individual pre-game training blocks, clarify their content and assign them adequate time fund. As a result, it is my main aim to provide clear information to both coaches and players who can use this to optimize the quality of performance.

Method:

Descriptive research using both primary and secondary data analysis.

Results:

After analyzing basketball literature and its comparing with current studies is obvious, that the trend has transitioned away from the usual way of warm-up with a large number of static stretches to the more modern and more dynamic concept. This mainly corresponds to today's increased demands for quickness and explosiveness of players. Another factor of the warm-up approach innovation is the individualization of the particular exercises application, taking into account the somatotype, functional capabilities and also game position of players, or the function that the player performs on the playground. Last but not least, there is a need to mention the increased attention to psychological training.

The result is a set of work activities with a deliberate connection, while respecting the last research in the field of sports science, which should when applied to individual specifications; lead to a perfect ready the player for game performance both physically and mentally.

Keywords:

Active warm-up, active stretching, ballistic stretching, basketball, dynamic stretching, pre-game activity, set-up, sport-specific activity, stretching, vertical jump, warm-up, warm-up drill.