

Abstract

Title: Proposal on the optimal basketball training method within the physical education of children in older school age

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The study aims to find optimal theoretical model of basketball training method within the course of physical education at primary schools and general secondary schools. We focus on children in older school age. The objective is to make basketball training more effective as well as more familiar to teachers that are lacking more complex or personal experience with this sport.

We use the method of experiment. First, the numbers of testing exercises to detect the level of general game skills of the children were defined. Then the model of teaching method consisting of ten setting-up (introductory) exercises was developed and implemented into a complete semestral plan. At the beginning of experiment, two groups of children were tested for their general game skills. Then our proposed model was applied onto these two groups. We aimed to develop model of teaching that would help to improve and develop basketball skills of children. At the end of experiment period were children's basketball game skills tested again to see what extend was our proposed model successful. The results proved that proposed method of teaching was appropriate, since both groups of children achieved better results in testing exercises after they followed our model of teaching for the whole semester. All kind of exercises, both testing and introductory, that were used within this study, are generally applicable also in non-professional and professional basketball training. They can be customized or else modified in regard to different objectives and areas of training. Our results will now serve as a tool in controlling the ongoing process of game skills improvement and as a benchmark for evaluation of further results of this process, as well as for comparison with the level of game skills of other groups of children.