

Abstract

Title: A Rating of training units in boys basketball by category of U14.

Objective: Preparation, implementation and evaluation of basketball training units starting by U14 categories. The training units focus on a drill, training game and fitness training following by blending these three components.

Methods: Preparing these training units I have used the professional basketball literature. This bachelor work is based on quantitative way of research. The rating of training units was analyzed by the players of U14 category.

Results: The following results were recorded according to the research. among the most popular training unit is the training games or the blending of game training with the drill and fitness training. The drill itself was rated as the worst training process.

Key words: Rating, basketball, training process, drill, training game, fitness training.