

## **Abstract**

Title of the thesis: Duration and Intervals of Load in Teams during Basketball Match (Focusing on Euroleague matches in Season 2008/2009)

Scope of thesis: Basketball is the second most widespread sport game around the World. Players has to conform their whole life to get in the best team in town, country or even in the world. They have to educate themselves, eat well, improve their personality and they really have to practise hard at all. But players can only get to their attitude, effort and volition. Content of training is upon the shoulders of someone else – coaches. They have to know how to bring up „Mr. Player“ for elite sport games.

Nowadays basketball puts very strong demands on every player. Their individual activities have to be performed with the greatest effort they are able to show. I would like to prove something that is recently mentioned about this sport, ” basketball is really dynamic and explosive sport”, in my theses.

Method: I would like to find out the real intervals between endurance and relaxation of players in euro-league match by observing records of these matches. These matches lasts 40 minutes and they are divided into quarters guided by two or/on elite level/three coaches. Their sound signalization means interruption of the game and start of rest interval for players, we include only physical load.

Keywords: basketball, match, team, interval of load, rest interval.