

ABSTRACT

Title: Occurrence, implementation and effectiveness of the training process sporting activities Youth Basketball.

Objective: Find out how the training process over the period in the season affects the skills player observed, that the skills learned transferred to the game.

Methods: The main method is observation player in the game and registration activities in the training session. Further analysis of the game.

Results: The results can be obtained from option exercises and effective use of trained skills in the training session, which is applied best in the match.

Keywords: training unit, individual game performance, game, game effectiveness