

Abstract

Title: Fitness Training for Junior Basketball Players during the Season

Objectives: Gathering, summary and unification of information on fitness training during the whole season in junior basketball training.

Methods: Analysis of available literary sources related to this theme.

Results: My theses presents a coherent file summarizing fitness training for basketball players focused on junior players. Considering the lack of information concerning this theme my theses can serve as a source of basic information on junior fitness training in basketball.

Keywords: fitness training, basketball, junior age, motor activity, movement abilities, motor activity ontogenesis