

Abstract

Title: Analysis of critical situations in basketball

Objectives: The aim of this work was to identify the most critical situations operating on one particular player and to record feelings and behavior (typical reactions) associated with these critical situations. Subsequently to analyse these situations and propose measures to improve the management of these situations.

Methods: For each stage of this work were used other methods of research. Interview, and study of literature to compile a list of possible critical situations and then collecting the data from the investigated player by questionnaire.

Results: It was managed to identify the most critical situations that affect the psyche of observed player during the competitive matches and analyse these situations. Subsequently was proposed the reactions to cope with the critical situations.

Keywords: Psychological states, critical situations, basketball