

ABSTRACT

This bachelor's thesis deals with the validation of the effectiveness of the training of individual basketball game activities in physical education classes. In the theoretical part, a brief history is mentioned, the sport of basketball is characterized, individual game activities are described and one chapter is also devoted to the characterization of adolescents. In the research part, an experiment was chosen as the main method to verify the effectiveness of the training. The experiment involved 59 high school students divided into two research groups, both groups were tested on dribbling, passing and shooting. Subsequently, the experiment was conducted differently for each group and each group was subjected to different forms of game development activities. At the end, the groups were tested again and the results were used to chart the progress of each group and were used to compare the two groups with each other. The main objective was to determine and compare the effect of the individual's practice of game activities on the level of basketball skill development. A sub-objective was to develop a proposed methodological model of teaching using preparatory and movement games that can be used to develop game activities in physical education classes and then to compare the progression of the groups with each other. The work demonstrated the effectiveness of the training and reveals that improvements occurred in all game activities in more than half of the group that was subjected to the training.

KEYWORDS

Basketball, physical education, basketball skills