

Abstract

Title: Basketball Fitness Training of Junior Categories in the Czech Republic

Objectives: Collection of information about the approach to basketball fitness training of junior categories – girls and boys – in the Czech Republic. The emphasis was placed on frequency and structure of fitness training in relation to various training seasons.

Methods: Data were gained by means of questionnaire survey. After accomplishing of a pilot survey an unstandardized questionnaire together with related information was sent by e-mails to trainers of teams acting during the 2016/17 season in the Czech basketball federation competitions (namely to trainers of teams of these categories: juniors U19 - boys and girls – extra league, league, cadets U17 - boys and girls – extra league, league).

Results: My theses presents information about the situation and conception of fitness training in given age categories and competitions. It is divided into two parts – theoretical and practical. In the first one the basic terms and foundations are explained and in the following one the data collected by means of anonymous unstandardized questionnaire survey are presented. 30 respondents (trainers of mentioned categories) took place in the survey. Results show that trainers consider fitness training a part of training process. More than a half of respondent trainers cooperate with fitness trainers. Frequency of fitness trainings is changed within a week micro cycle during a particular part of a season. Exercises are mainly focused on development of speed, strength, coordination and dexterity or flexibility. Endurance exercises are carried out less frequently. All trainers use various aids (tools and equipment). Only very small number of respondents do not apply any forms of regeneration.

Keywords: basketball, fitness training, structure of fitness training, motor activity, junior age, influencing of movement abilities.