

# ASSESSMENT OF THE ENDURANCE IN THE BASKETBALL PLAYER

## AND APPLICATION TO THE TRAINING

COURSE ON TEACHING SPORTS  
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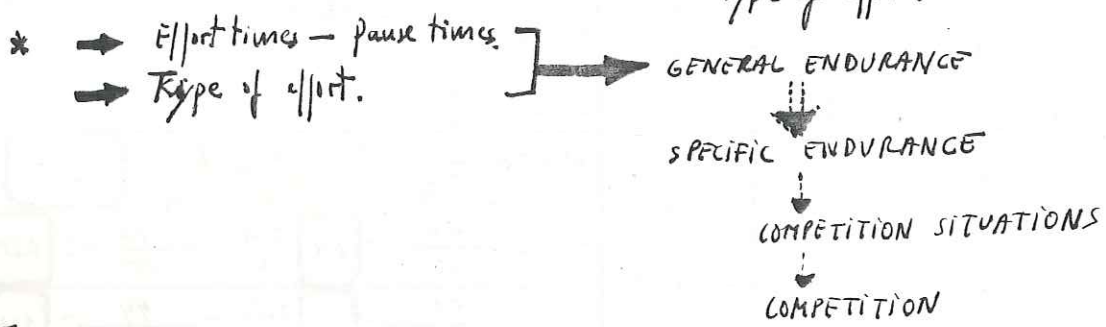
Basketball Superior Coach. Spanish Basketball Coaches Association.

### A. Endurance in Basketball

- \* Capacity to resist the required performance of basketball movements (actions) during the effort periods of a Basketball game.
- The possibility to perform a high number of movements and a high number of well done movements will imply a high endurance level and high quality endurance level, respectively.

### B. Endurance Training in Basketball

- \* It must be analysed (Seirullo, Fco):
  - Number of efforts.
  - Effort time and pause time.
  - Type of effort.



### C. ASSESSMENT OF THE ENDURANCE AND APPLICATION TO THE TRAINING

\* 1st: How I will train endurance.

2nd: ASSESSMENT: Connection between movement (actions) and physiological parameters



(Example: Playmaker (guard), Forward, Center.)

\* APPLICATION TO THE TRAINING:

- Analysis number actions ] → Programming of the endurance parameters in the training
- Analysis Heart beats/minute

### D. References

COLLI, FAINA. Evaluación sobre el rendimiento en baloncesto.

RIBERA-NEBOT, D. Una experiencia de valoración de la resistencia en el jugador de baloncesto. 1990-1991

TUTORS: Balaguer, A; Biscato, Fco; Porta, J; Seirullo, Fco.

SEIRULLO, Fco. Apuntes de clase de preparación física del baloncesto. 1989-91

TRVA AVANÇAD

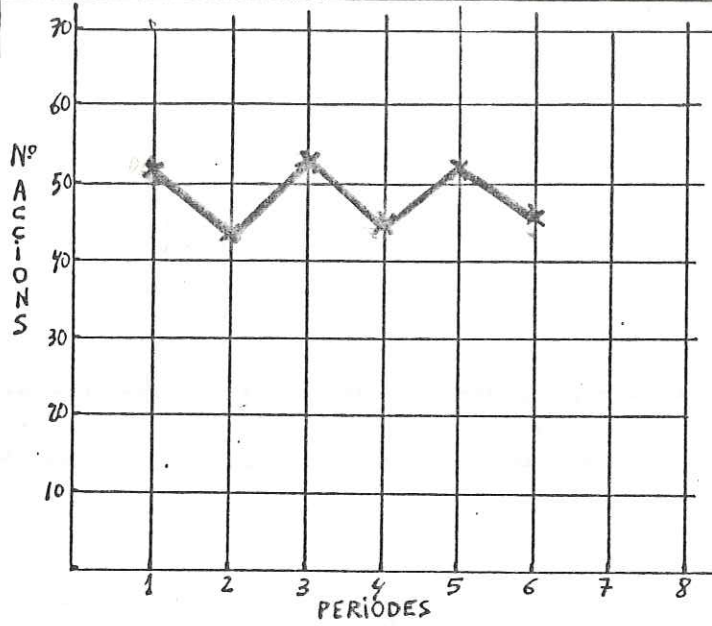
# VOLTA MAGICA BASE (Playmaker)

TEST N°: 1(4)

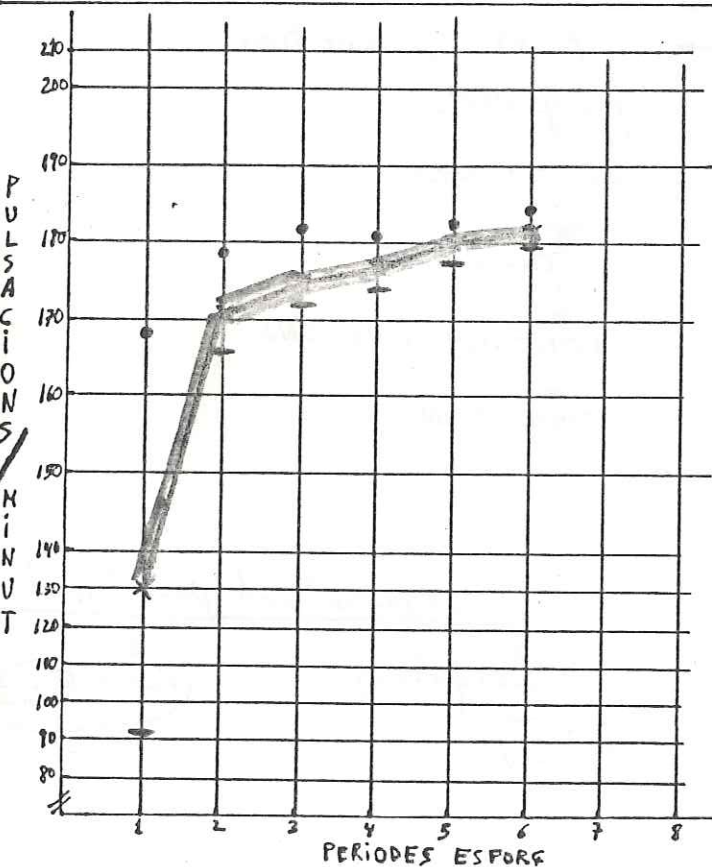
JUGADOR: JOSEP M. AYUSO (NYU) ACB

LLOC: Parc de l'INEF Barc. HORA: 14h

DATA: 18-1-90



PERIODES	1	2	3	4	5	6	7	8	GLOBAL
Nº VOLTES ACUMULAT	1V <sub>1</sub>	2V <sub>1</sub>	3V <sub>1</sub>	4V <sub>1</sub>	5V <sub>1</sub>	6V <sub>1</sub>			6V <sub>1</sub>
	481	5	6	783	8(1)	8(4)			8(4)
Nº TEOR ACCIÓ REAL	52	43	53	44	52	46			290
Nº ACCIÓ									
PULS. MIN.	X 130	171	175	177	180	181			169
PERIODES ESPORTA	178	178	178	180	181	182			
PULS. MIN. X	171	176	178	179	182	189			
PERIODES PAUSA	173	179	181	180	182	183			
	167	173	176	179	182	189			
Nº TIPOS ENTR	2	1	1	2	1	1	0		8
Nº ACIÓ PAR.	1	0	2	1	1	0	0		7
Nº PASSE CORI.	1	1	2	1	1	0	0		7
Nº ACIÓ LARG.	0	1	0	0	0	1	0		2



X: mitjana.  
 •: màxim.  
 -: mínim.

IND. RNT. =  $\frac{290 \text{ ACCIONS}}{177 \text{ MINUT}} = 1.7$

GLOBAL

I.R. 1 = $\frac{52}{130} = 0.4$	I.R. 2 = $\frac{43}{171} = 0.25$
I.R. 3 = $\frac{53}{175} = 0.3$	I.R. 4 = $\frac{44}{177} = 0.24$
I.R. 5 = $\frac{52}{180} = 0.28$	I.R. 6 = $\frac{46}{181} = 0.25$
I.R. 7 = $\frac{}{} = \square$	I.R. 8 = $\frac{}{} = \square$

OBSERVACIONS:

