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Original Article

Methods of evaluating the specialized training at the level of the women's national basketball team in Romania

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Abstract:
This paper aims to present ways to evaluate specialized training at the national basketball team of Romania, in order to obtain superior results in competitions. In this context, a test was carried out at the level of the national lot which correlated with the analysis of some statistical indicators within the verification and official parties.
Key words: training, methods, basket, national.

Introduction

The verification of the efficiency of the proposed specialized training program was also carried out by analyzing some indicators in the statistics of the verification and official games of the Romanian women's basketball team. In this context, the Romanian Basketball Federation, through its commissions, imposed tests and control rules on the motor skills and the specific driving skills specific to the basketball, which are presented on the official website of this institution, www.frbaschet.ro. The main aim of our assessment is to highlight the functional, morphological and motor changes made to improve the body's adaptation states to high intensity, volume and complexity efforts.

Samples and control rules should be considered when evaluating the partial effectiveness of the sport training model, highlighting all the motor factors and especially those specific to the respective sporting branch, establishing a regular and predetermined frequency in the training planning, usually at the end each stage, providing the conditions for a critical analysis of the efficiency of the training process. The structure of control samples must, in the present case, correspond to that of some frequently required action in basketball, control rules expressing the values of adaptation of body functions to specific efforts.

The purpose of the paper

The aim of the paper is to analyze the competitive yield of the national basketball team of Romania by analyzing the specific indicators.

The hypothesis of the work

The type of effort deployed in basketball play directly influences the coaching philosophy of the coach, limiting them from our point of view the actions. Thus, in this paper we will analyze the number of attacks and the number of points scored by our country's representatives, as well as the most eloquent indicators regarding the efficiency of the training methods. (Table 1).

Table 1. Analysis of the competitive yield of the experimental group during the baseline experiment

Date	Oponent	Type	**Number of attacks**	Marked points
25.04.2015	Olimpia Brasov	preparatory	51	68
26.04.2015	Sepsi Sf. Gheorghe		47	66
07.05.2015	Moldovia		56	61
09.05.2015	Moldovia		62	66
19.05.2015	Senegal		74	68
20.05.2015	Senegal		69	73
21.05.2015	Italy		37	60
23.05.2015	Italy		42	56
28.05.2015	Russia		58	66
29.05.2015	Ucraine		56	61
30.05.2015	Belarus		60	66
	Arithmetic mean		**55,6**	**64,6**
12.06.2015	**Muntenegru**	European championship	**64**	**61**
13.06.2015	**Ucraine**		**58**	**71**
14.05.2015	**France**		**63**	**67**
15.06.2015	**Czech republic**		**64**	**71**
	Arithmetic mean		**62,2**	**67,5**

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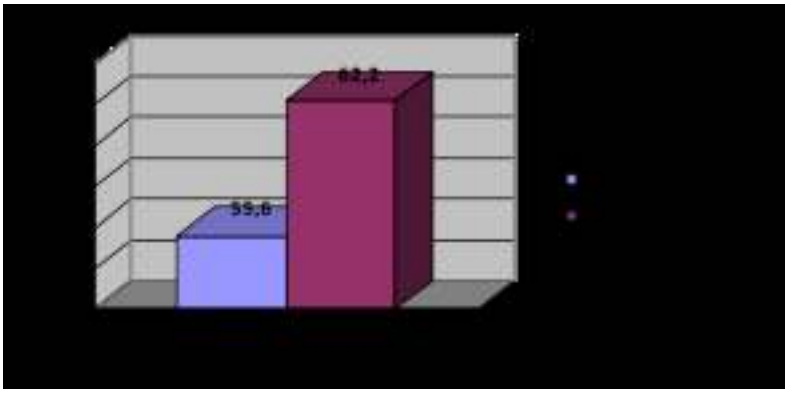
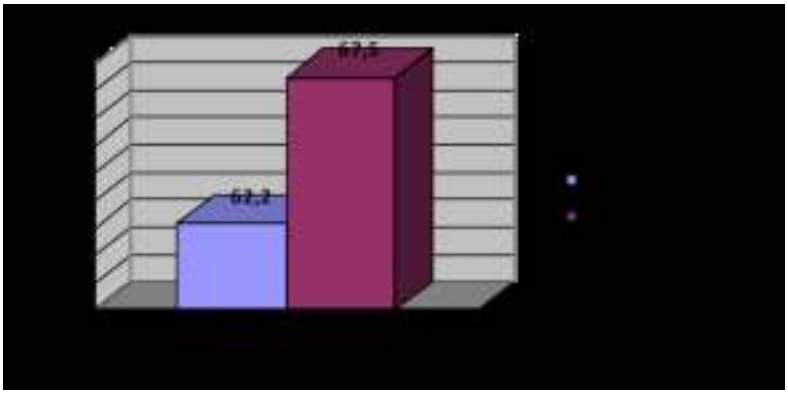
Analyzing the data in the above table we are able to present the experimental lot's course through the observation of the competitive parameters, with the mention that we will present the arithmetic average performance of the indices obtained in the verification and official games.



Graph 1. Graphical representation evolution of attacks

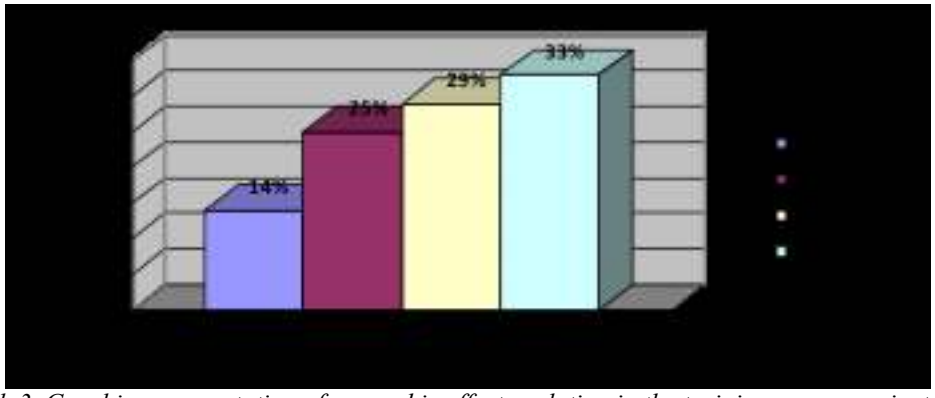
From the above graph we find that in the training games there is an average of 55.6 possession compared to the official games of the European Women's Basketball Championship 2015 where a performance of 62.2 attacks is achieved with almost 7 more , which translates into an increase of 11 percent, a very important one from our point of view.



Graph 2. Graphic representation evolution number of marked points

As the number of points scored in the preparatory versus official games, we see a particularly important increase, from a 62.2 points to a 67.5 point. Taking into account the opponents of the friendly games and those who meet the European Championship, this improvement in the number of points (5.2) is still a proof of the effectiveness of the methods applied in the training. The type of effort deployed in basketball play directly influences the coach's philosophy of play, limiting their actions from our point of view. In the research, the Polar 7 device was used as a heart rate monitoring tool.

One of its main features is that the heart rate is played back in real time, at the end of the training / playing lesson for each athlete, with an effort finding note filed. In this context, we will be able to argue once again the efficiency of the working method used in the baseline experiment by presenting an analysis of a concrete, component part of the experimental lot. The analysis of the data in the previous table shows that the same player at the beginning of the experimental period manages to account for 14% of the anaerobic effort in the minutes played, reaching the value of 33% at the end of the experiment, minutes spent on parquet is relatively constant. The evolution of the percentage of effort in the subject's play gives us the opportunity to present it in graphical form below.



Graph 3. Graphic representation of anaerobic effort evolution in the training games - private case

Efforts in challenging games (Zone 4 - Difficult effort, characterized by the ability to support high-speed resistance, recommended for top-level athletes with positive influences in the pre-competition session) are clearly on the rise relatively constant (19-24 minutes). This particular case records at the beginning of training in the researched area 14% of the total effort, reaching, with the increase in the pace of play, by ensuring a thorough physical training at 33%, about 7 minutes. It should be noted that all the actions carried out in order to accomplish the proposed tasks were also based on the complex blood tests performed by all the components of the national women's basketball team of our country, collected together with the reunification of the lot, 20.04.2015. As a note from the presentation of the results of the experiment, we can state that the progress achieved in all the indices of the tests applied in the research may be due to the implementation of the proposed methodology, the working hypothesis being confirmed.

Conclusions

After completing the experiment, we came to the following conclusions:

a. The program proposed and implemented in the preparation of the experimental group has proven its effectiveness by improving the performance of the applied tests.

b. The effectiveness of the implemented methodology is reflected in the progress made by the tests conducted, the specific indexes of the competitive yield obtained by the experimental group and the analysis of the time spent on the effort required by the modern basketball game;

c. Specially designed test tools are an objective means of quantifying the performance achieved by research subjects;

d. Successful implementation of the experimental program leads to the optimization of tactical tactics.

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