

Identification and analysis of the shortcomings of the training process of the student basketball team during the preparatory period

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Abstract:

The article is devoted to the shortcomings of the training process of the student basketball team in the preparatory period of the annual training cycle. The aim of the work was to conduct a comprehensive study of the shortcomings of the training process in the preparatory period and substantiate the organizational and methodological aspects of their analysis. The following research methods were used: pedagogical observation, analytical; monitoring; sociological; pairwise comparison (analysis of hierarchies); mathematical statistics and modeling. Implementing the sports training of the student basketball team at the stages of the preparatory period, it is important to take into account and analyze the shortcomings of training activities, which allows to improve the process in which the foundation of all further activities of the team is laid. In order to study the shortcomings of the training process in the preparatory period and substantiation of organizational and methodological aspects of their analysis the research of the characteristics of all aspects of training of the student basketball team in the preparatory period was done. The analysis of the sides of the student basketball team training in the preparatory period revealed the main causes of the training process shortcomings. It is established that the actions of coaches are the main cause of shortcomings that can affect the quality of the training process of student teams' players and lead to negative consequences. A method for evaluating the success of the coaching staff of the student basketball team to identify and analyze deficiencies in the training process based on a set of criteria that characterize the work of the coaching staff was proposed. The obtained data allowed to substantiate the technology of the coaching staff of the student basketball team, which consists in identifying and analyzing the shortcomings that complicate the effectiveness of the coach the most.

Key Words: Student basketball, sports training, training process, shortcomings, coach.

Introduction.

Due to the rapid growth of the dynamics and conditions of the basketball game, as well as taking into account the modern information support of the sports training system, the requirements for the training process of improving players and teams are growing. There is no doubt that the dominant lead in the training process, both the team as a whole and the players in particular, belongs to the proper training process, the quality of which is determined by the effective actions of the coaching staff.

At the same time, the organization and conduct of training activities, providing methodological assistance to players, the formation and improvement of their physical, technical, tactical, theoretical, psychological and integrated training is one of the key tasks in the system of sports training. Despite the understanding of the relevance and importance of these tasks certain shortcomings in their execution might be observed.

Some domestic authors (Vashkevich S., Pityn M. 2012; Voznyuk T.V. 2017; Kostyuk Yu. E. 2020; Yudenok V.M., Borsuk M.P., & Kasyan, A.V. 2014), who were interested in the development of student basketball teams, along with the passivity of university leaders in this matter, also noted the lack of interest from coaches, low desire to improve their skills and some shortcomings and defects of the training process. However, in modern science and practice, proper attention is not paid to the purposeful study of the shortcomings of the educational and training process.

In order to identify relevant shortcomings, such authors as (Bezmirov, M., & Shinkaruk, O. 2020; Vashkevich S., Pitin M. 2012; Voznyuk, T., 2021; Desyatnikov G.O. 2016; Pavlenko O. 2019) certain areas of the training process of basketball teams are analyzed, such as the provision of material and technical equipment

and inventory, types of sports training, the provision of means to restore and stimulate the performance of athletes, etc. Some authors (Pashchenko N.O., Pomeschchikova I.P., Chucha Y.I., Chucha N.I., Shiryayeva I.V.2020), for the most part, are limited to the analysis of providing methodological assistance to coaches and players in specific activities.

However, it should be noted that the leading scientists and coaches of the basketball industry (Bessarabov M.S. 2015; Dyatlovsky D.Yu. 2015; Mitova O.O. 2021; Poplavsky L.Yu., 2019; Pavlenko O.Yu. 2019; Sushko R.O., 2018; Sushko R.O., & Komotskaya, O.S., 2021) are developing certain documents and practical recommendations to solve this problem. Thus, in the guidelines provided to improve the actions of the coaches during the training process (Vozniuk T.V. at. Al.2018; Mitova O., & Ivchenko O. 2020; Samus A. 2017), study about shortcomings in the provision of assistance to the players is regulated.

In addition, in sports training there is a system of pedagogical control, which aims to assess, record and analyze the state of motor functions, mental processes, technical skills, norms of training loads, competitive activities, sports results of those involved and allows to identify and prevent training process deficiencies (Kostyukevich V.M., 2014; Mitova O.O., 2021; Platonov V., 2015). However, in the practice of student basketball, the management system is not fully used, and mainly the shortcomings that led to negative consequences are analyzed. The whole complex of shortcomings and defects is not covered, which probably has a negative impact on sports results. However, according to domestic experts (Vozniuk, T.V., 2017; Kostyuk, Yu. E. 2020), student basketball team take into account the shortcomings in the system of sports training, but only in the competitive period, and that is often the case limited only by their short-term fixation.

Scientists and practitioners (Bessarabov M.S., 2015; Kostyukevich V.M., 2014; Mitova O., 2021; Sushko R.O., 2018), understanding the importance of studying the shortcomings in the system of sports training of the student basketball team, point out that each period of the annual cycle has shortcomings of practical activities that must be identified and eliminated. In addition, in scientific works (Gradusov V., 2017; Desyatnikov G.O., 2016; Platonov V., 2015), the importance of sports training of players is often pointed out, namely, in the preparatory period, which lays the foundation for all further activities of the team, where it is relevant to analyze possible errors. In particular, considerable attention of scientists (Brynzak S. at. Al. 2021; Desyatnikov G.O., 2016) to the study of possible shortcomings, is mostly focused on the analysis of one or two components of the training process of basketball players in the preparatory period.

Until now, there was no way to assess the success of the coaching staff to identify and prevent deficiencies in the training process, which does not allow to objectively assess the state of affairs in team's training. At the same time, this approach brings appropriate technology for optimizing the training process and the entire system of sports training in particular. At the same time, it seems important to take into account the provisions and principles of control, and management systems in sports training as a methodological basis for research on optimizing the training process of the student basketball team in the preparatory period.

Purpose.

Conducting a comprehensive study of the shortcomings of the training process of the student basketball team in the preparatory period and substantiation of organizational and methodological aspects of their analysis.

Material and Methods.

To achieve this goal a program that addressed the following research objectives was built:

- identify the shortcomings of the training process of the student basketball team in the preparatory period of the annual cycle of training on the basis of training documentation (plans, training notes, sports training reports, etc.), the results of anonymous coaching questionnaires (15 licensed coaches of category "A" and 6 coaches - category "B") and 124 players of teams of Kyiv higher education establishments, and according to the pedagogical observation of the educational and training process;
- create a way to assess the successful actions of the coach of the student basketball team about the analysis of shortcomings in the training process of players (expert survey of 18 research and teaching staff of sports games and leading coaches of the category "PRO");
- form the appropriate technology to optimize the activities of the coaching staff in order to identify and analyze the shortcomings of the training process of student basketball teams in the preparatory period of the annual cycle of training.

To achieve the objectivity of the study, the following methods were used: pedagogical observation, analytical; monitoring; sociological; pairwise comparison (analysis of hierarchies); mathematical statistics; graphic; logical.

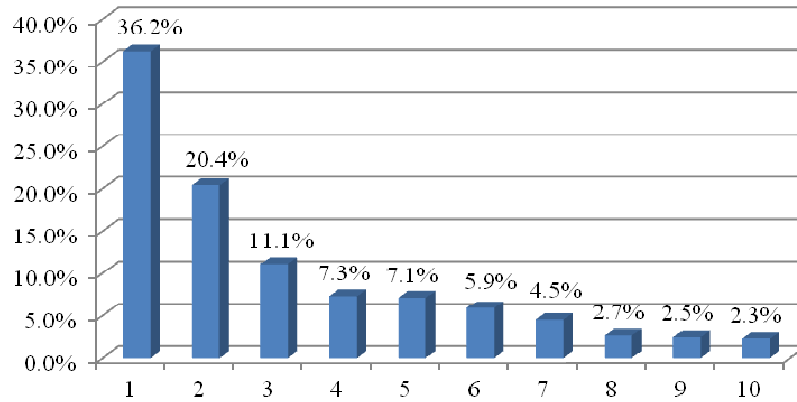
Results.

As a result of data analysis of the sports training documentation the characteristics of the training process shortcomings of students' basketball teams in the preparatory period, distribution of which based on their value is presented in table 1.

As can be seen from the Picture 1 a significant share (36.3%) was occupied by shortcomings in the organization of the process, namely, irrational planning of training in this period, the shortcomings of the ratio of

volume and intensity of physical activity - 20.4%. The of the training planning shortcomings included: untimely physical training, insufficient amount of special physical and technical training, did not take into account the peculiarities of team and individual training.

An important issue in the ratio of physical activities of different volume and intensity in the preparatory period is their rational distribution (Bessarabov M.S., 2015; Voznyuk, T.V., at. Al. 2018; Kasyan A. 2017). The disadvantages of the ratio of volume and intensity of the activity include the ignorance of the individual capabilities of players, too much or too little physical activities, inability of the coach to plan and distribute the activity, combining maximum effort with a large volume.



1. Irrational training planning
2. Disadvantages of the ratio of volume and intensity of the physical activity
3. Discrepancies in training tools and the stages of preparation
4. Disadvantages of the content of the training session
5. Disadvantages of scientific and methodological support
6. Disadvantages of training sessions in the microcycle
7. Disadvantages of pedagogical control in the training process
8. Disadvantages of logistics
9. Disadvantages of remedial measures
10. Disadvantages of the contingent of athletes entering training

Picture1. **Percentage distribution of shortcomings of the training process of student basketball teams by their importance in the preparatory period**

Considering such shortcoming as discrepancies in training tools and the stages of preparation of the preparatory period (11.1%), it should be noted that a number of theoretical and methodological problems that negatively affect the process of development of player readiness. The main disadvantage was that some training tools should be used to improve the functional condition of the body, and others for the corresponding adaptive changes in the neuromuscular system.

This situation leads to an imbalance, as players first enter a state of intensive training in non-specific exercises, and only then, after some time, they enter a state of fitness in specific exercises. This is due to the fact that the level of training in non-specific exercises is not maintained and decreases before the acquisition of specific readiness in special exercises.

As a result, we can talk about the lack of compliance with the means of training duration of the stages of training (basic, specialized, pre-competition). Two weeks at the basic training stage is not enough to develop a high level of aerobic capacity. Therefore, continuing the development of aerobic capacity at the stages of specialized and pre-competition training has a negative impact on technique and speed and strength.

The main form of the training process is a training session. The correct content of classes is of particular importance, where exercises are selected according to a single selective focus of training impact. This allows to simultaneously improve physical, technical and tactical training on the one hand and solve the problem of functional training on the other (Kostyukevich V.M., 2014; Platonov V., 2015). Among the shortcomings that are found in the content of training sessions of student basketball teams are both organizational and methodological ones (the total share is 7.3%).

The organizational shortcomings included the short duration of the training session, the irrational ratio of the components of the lesson (preparatory, basic, final). Usually the preparatory part was neglected, and the final was absent from the training session.

Methodological shortcomings include inconsistency of training work types (general physical, special physical, technical and tactical training), inconsistency of training tasks in each part of the lesson, irrational

selection of exercises sets (exercises were selected for warm-up without taking into account the main part of the lesson), inconsistency of classes and stages of the preparatory period.

Many domestic and international scientists, leading specialists and coaches are constantly working to solve modern problems of basketball development and sports training in this sport in particular (Bezmilov, M., & Shinkaruk, O., 2020; Kasyan A., 2017; Kostyuk Y.E., 2020). ; Mitova O., & Ivchenko O., 2020; Mitova O., 2021; Sushko R.O., 2018). Accordingly, a large number of theoretical and methodological recommendations are being developed to improve the practical activities of both coaches and players.

It is very important that appropriate developments are used in the sports training of student basketball teams. However, in the preparatory period, shortcomings in the scientific and methodological support of the training process were identified (7.1%). Thus, these include the reluctance of trainers to use appropriate recommendations, relying on the experience of their own actions, despite the open access to literature and Internet resources.

The shortcomings of training sessions in the microcycle are also noted with the mark of 5.9%. There is a violation in the ratio of retracting, shock and reducing microcycles of the preparatory period. A significant shortcoming was the ratio of classes of the same orientation in the microcycle (when after the first class, the second one is carried out in a state of incomplete recovery of functionality). For example, two high-speed classes with high physical intensity, led to fatigue of the same nature as one class. Accordingly, repetitive intensity with a large load increased fatigue. Consequently, the players, with the same external indicators of fatigue, could not perform more than 70-75% of the work performed the day before. At the same time, in classes of different direction, there was a negative impact on the player's ability to work. Thus, there was a significant suppression of endurance after the training aimed at improving speed. A significant shortcoming in microcycles was the lack consideration of the individual characteristics of players. This was especially observed in the establishment of underwater microcycles, which did not take into account the typological characteristics of the players.

Among the shortcomings that were included in the list by their importance should be noted deviations in the pedagogical control of the training process of the student team (4.5%). In the preparatory period such organizational shortcomings were identified as poor control of attendance of training sessions, mediocre control of activity and independence of exercises and requirements of the coach, insufficient control of discipline. Insufficient control over the volume and intensity of training intensity has also been established. In general, violations were identified in all types of control (stage, current and operational).

At the end of the preparation period, no assessment of the readiness levels of players was done. There was also no proper monitoring after the baseline phase of training in most of the teams studied. As for operational control, as a rule it was not applied at all or was superficial. A significant shortcoming of control in the preparation of the student basketball team was the lack of its complexity, which should have taken into account the socio-psychological and medical-biological indicators of the players. One of the priority areas of basketball training is the creation of appropriate financial base (Pavlenko O., 2019; Poplavsky L. Yu., 2019). Deficiencies in financial base can significantly affect the entire system of sports training of athletes (2.7%). Thus, this group of shortcomings includes outdated basketball halls that do not meet modern standards in both size and equipment, low number of basketball balls, poor upgrades of basic and auxiliary equipment, inability to use specialized facilities (gyms, swimming pools, etc.). Additional rooms (locker rooms, showers, rest rooms, etc.) need the necessary attention. A significant part of the shortcomings of this group would be quite right to attribute to the shortcomings of funding, as they are largely related to the activities and capabilities of higher education institutions. Among the shortcomings included in the list (2.5%) there are measures dedicated to restoration of the athletic performance of players, which contributes to high intensity training absorption. Students must have knowledge of how to carry out the process of restoring energy, physical and psychological strength, but in practice this does not happen. In the shortcomings of recovery, the central place is occupied by pedagogical measures, which involve the management of athletes and recovery processes through well-organized muscular activity, taking into account its targeted impact on the body.

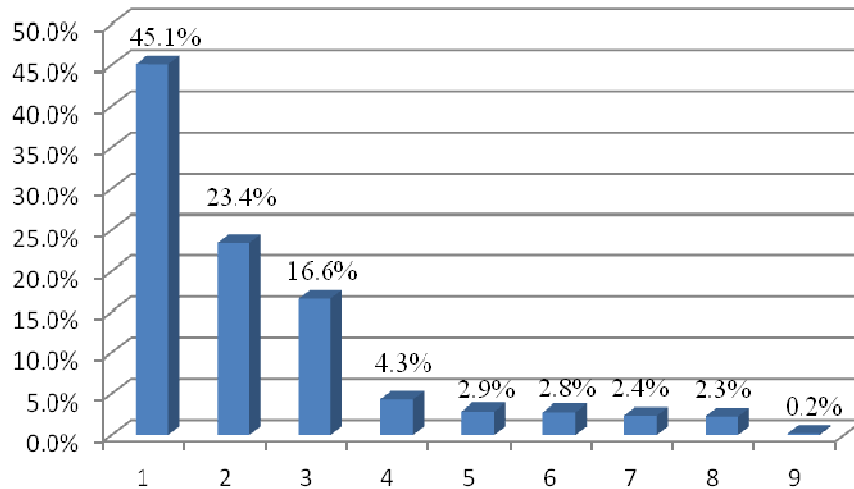
Student teams are constantly changing their composition, which is characterized by the constant need to update it. This is due to the fact that some athletes enter the first year of university, while others graduate and drop out of the team. Thus, the shortcoming in the preparation of the student basketball team was determined by the peculiarities of the contingent of players entering the university.

At a low percentage (2.3%), this shortcoming is still important in the training system of the student basketball team, as the coach has to work with a contingent of players who, entering the training, differ in their training and may not meet the requirements of the game roles. Thus, the coach of the student team is forced to overcome a number of difficulties in recruiting a team, trying to properly organize the training process in accordance with the laws of sportsmanship and adaptation, building a training process with different levels of training and constant changes in team composition.

These shortcomings were further investigated due to various factors and circumstances of sports and non-sports nature, which contributed to the emergence of errors and problems in the training process of student basketball teams in the preparatory period (Picture 2).

The analysis of the survey data showed that the structure of the shortcomings of the training process was dominated by subjective reason, which was the fault of the coaching staff of the student team. Among them, the main share (45.1%) was inattentive, irresponsible attitude of coaches to the performance of their duties, lack of sense of duty, negligence of work, as well as other subjective reasons (23.4%), associated with shortcomings in the organization of the training process.

The third position in the group of subjective reasons was taken by insufficient qualification of coaches, which became the subjective cause of almost 16.6% of shortcomings in the training process of the preparatory period. This is not a high enough level of coach training, his ignorance of the principles of sports training of players in the preparatory period, modern methodology for the formation of general and special physical fitness, low understanding of individual characteristics of players.



1. Irresponsible attitude of coaches to the performance of their official duties
2. Subjective reasons related to shortcomings in the organization of the training process
3. Insufficient qualification of coaches
4. Lack of proper assessment of players' training and team training management
5. Incomplete analysis of the player's capabilities before training
6. Objective problems of diagnosing the state of preparedness of players
7. Incomplete use of scientific and methodological recommendations
8. Insufficient training of different roles of players
9. Other objective reasons

Picture 2. Percentagedistribution of shortcomings of the training process of student basketball teams by the reasons for their occurrence

In fourth place (4.3%) was the lack of proper assessment of the preparedness of players and management of team training. This subjective reason meant the coaches' disregard for the preliminary testing of physical and special fitness, the lack of effectively organized communication between the players and the coaching staff of the team.

The fifth position was taken by such a subjective reason as an incomplete analysis of the player's capabilities before the start of training (2.9%). Such reasons include violations and disregards in the process of diagnosing the initial level of preparedness of players (poor selection of test exercises; superficial medical examination or lack thereof; lack, if necessary, consultation of other specialists or coaches; preparedness of players). Another group of deviations from the training process were shortcomings due to objective reasons. It should be noted that those are the shortcomings in the use of scientific and methodological recommendations (2.4%). However, they could be attributed to subjective reasons, as the reason for their occurrence is, inter alia, the failure of the coaching staff.

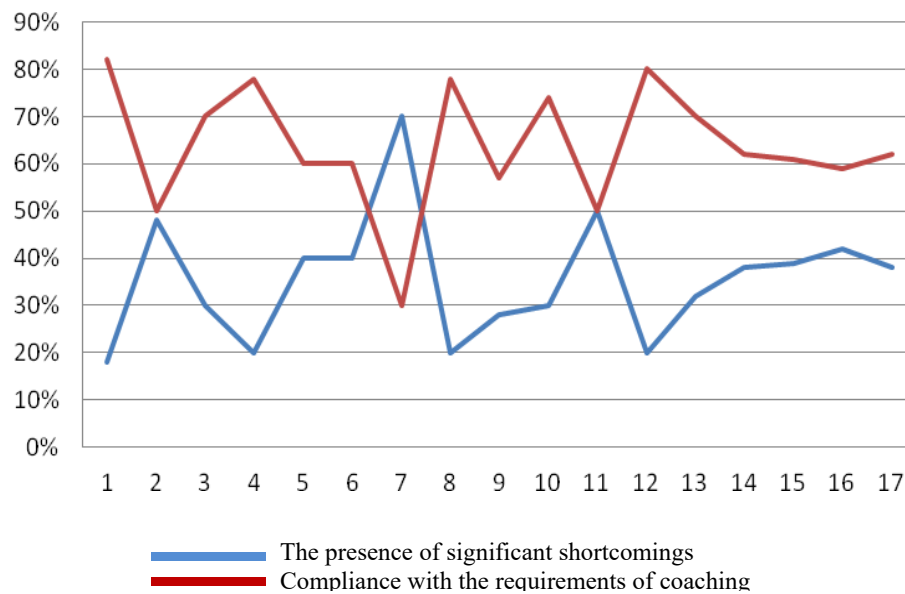
The shortcomings of the contingent of athletes entering the training are also characterized by objective reasons, such as lack of control and inability to influence the entry of players into the university, and thus, successfully complete the team. Further, another group of shortcomings, the objective cause of which was recognized as objective problems in diagnosing the state of preparedness of players. This reason arises when the selected diagnostic tests do not allow the coach to obtain data on the actual level of preparedness of players.

An in-depth analysis of the data showed that shortcomings were more often observed during the provision of coaching assistance to players of different roles, who differ in their training. Data were obtained depending on the functions of the players: center, strikers and defenders who were involved in the training process of the preparatory period. At the same time, 62.6% of shortcomings were made for players with a central function, 13.2% for attacking players, and 24.2% for defenders.

For example, the structure of the reasons for the lack of training of center, forwards and defenders differed significantly. Thus, the defenders have 2 times less significance of negative attitude to the training process than the center and attacking players (37.9% vs. 74.7%), and other subjective reasons in the organization of the training process and insufficient qualification of the coaching staff - respectively 1.8 and 2.2 times more (25.3 and 9.8% against 11.1 and 3.6%).

According to the results of an anonymous survey of licensed coaches of category "A" and "Pro" and players of basketball teams of higher education institutions in Kyiv, data were obtained on the account of deficiencies. Thus, Picture 1 shows data for certain aspects of the coaching staff of student basketball teams, which may be related to shortcomings in the training process.

In particular, according to the respondents (up to 73.4%), there were significant shortcomings in the activities of coaches, which can affect the quality of the training process of student team players and lead to negative consequences. All categories of respondents noted that in student basketball teams, work to prevent the shortcomings of the training process needs to be optimized.



1. Comprehensive diagnosis of players' readiness in the preparatory period
2. Diagnosis of physical fitness of players in the preparatory period
3. Differentiated approach to players who lag behind in their training
4. Availability of basketball courts and equipment
5. Equipment of the other halls necessary for the training process
6. Compliance with safety requirements in the training process
7. The state of operational control in the training process
8. Professional training of the coaching staff of the team
9. Correspondence of the planned data to those received in the training process
10. Organization of timely detection of negative results of players in the training process
11. Providing specific basketball equipment
12. Use of means of recovery of players' ability to work
13. Organization of conditions of informal life of players in the team
14. Organization of team food in the university
15. Carrying out a purposeful analysis of the player's capabilities
16. Prevention of player injuries
17. Maintenance and use of methodological documentation in the training process

Picture3. The structure of the parties to the coaching staff of the student basketball team in the preparatory period

When optimizing any process, it is advisable to assess its condition and to develop an appropriate method. When creating a method of assessing the success of the coach of the student basketball team to identify and analyze the shortcomings of the training process, first, it is necessary to determine the informative criteria.

Thus, through an expert survey of research and teaching staff of the departments of sports games, licensed coaches and players, a set of criteria was established that reflect all aspects of the functioning of the system under analysis:

1. coach's knowledge of the documents regulating deficiency prevention in the training process of the team;
2. motivation of the coach to prevent shortcomings in the training process of the team;
3. the level of professional training of the coach;
4. knowledge of the coach of the peculiarities of the training process;
5. the ability of the coach to make decisions aimed at preventing shortcomings in the training process of the team;
6. the coach has a correct idea of the final result of the prevention of shortcomings in the training process of the team;
7. the state of planning activities to prevent shortcomings in the training process of the team;
8. the state of accounting for shortcomings in the training process of the team;
9. organization of individual training for players;
10. individual and team training;
11. forced training in the training process;
12. diagnostics of players' readiness;
13. minor superficial diagnosis;
14. organization of equipment and inventory;
15. pedagogical control in the training process of players;
16. independent work of players on their capabilities;
17. use of means to restore the working capacity of players;
18. team diet management;
19. interaction of coaches with other officials of the university in connection with the training of students of the student basketball team;
20. control and evaluation of players' actions to prevent shortcomings in the training process;
21. promptly informing the university management about the shortcomings in the training process of the student team.

Each informative criteria was considered as a result of coaching activities. To assess each criteria, experts identified three levels: low, medium and high. Each level of the informative criteria was assigned a score (10 - low, 20 - medium and 30 - high). Then the experts, using the method of pairwise comparison, determined the coefficients of significance of informative criteria (in the amount of 1.0), which is divided into two groups - more and less significant.

This methodological approach allowed to identify four options for assessing the success of coaches in the prevention of deficiencies in the training process: "unsatisfactory", "satisfactory", "good" and "excellent". Thus, the analysis of informative criteria allowed to assess the integrated indicator - the success of the coach of the student basketball team in preventing deficiencies in the training process of players in the preparatory period.

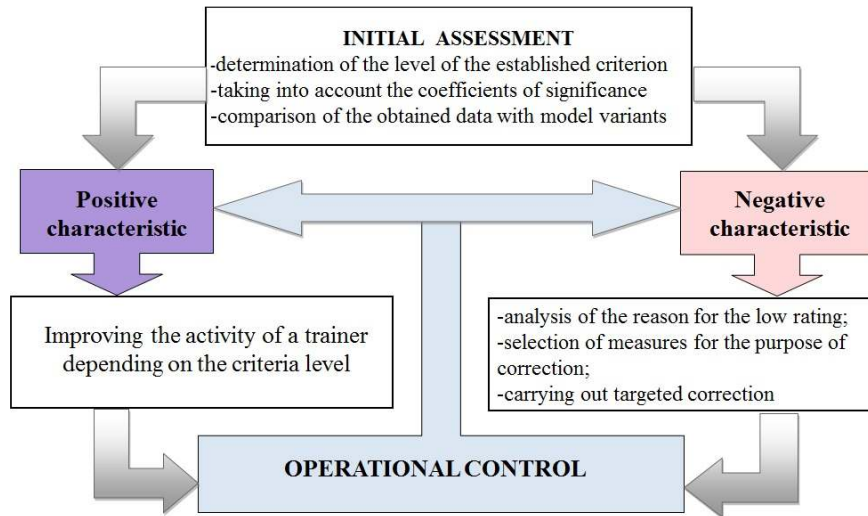
The practical assessment of the success of the coach of the student basketball team in the prevention of shortcomings in the training process of the players of the preparatory period is quite simple and consists of determining the level of each informative criteria. This allows you to analyze the reasons for obtaining a specific assessment, due to which informative criteria is set, and, accordingly, to give targeted recommendations of a corrective nature.

At the same time, it becomes possible to formulate the most logical definition of optimizing the activities of the coach of the student basketball team to prevent shortcomings in the training process of players. This is a process carried out within the scientific and methodological approach, based on modern tools, forms and methods of sports training, as well as identified features of the shortcomings of the training process and comprehensive assessment of the success of the coach in their analysis to justify and select such managerial decisions. which would be best in terms of achieving an effective result of the functioning of the training system of the student basketball team.

Discussion.

The obtained data allowed to build an approach to optimize the activities of the coach of the student basketball team in order to analyze the shortcomings of the training process of players in the preparatory period (Picture4).

The initial step in optimizing the coach's work is the initial assessment of a set of established criteria for its success using a constructed approach. When determining a positive result, measures are taken to improve the activities of the coach, taking into account the level of each informative criterion.



Picture4. The technology of managing the activities of the coach to identify and analyze the shortcomings of the training process of the student basketball team in the preparatory period

In case of a negative result, through targeted analysis, those informative criteria are determined which most complicate the effectiveness of the coach's actions, and targeted corrective measures are taken.

With the help of control, quick response to changes after the analysis can be provided.

Thus, the results of our research indicate the need to identify shortcomings in the training process of the student basketball team and the importance of the coach conducting a number of activities to analyze them as a pedagogical element of continuous and long-term technology at the preparatory stage of the annual training cycle.

The shortcomings and reasons for their appearance identified in the training process of the student basketball team in the preparatory period allowed to justify the approach to optimize the coaching staff and supplement the results of other studies (Brynzak S. at al. 2021; Voznyuk, T. V. at. Al. 2018; Gradusov V., 2017; Kasyan A., 2017; Kostiukevych, V. at al. 2019; Kostyuk, Yu. E., 2020; Mitova O.O., 2021; Samus A., 2017; Sushko R.O., & Komotskaya, O. S., 2021; Yudenok, V. at al. 2014).

Timely identification and analysis of the shortcomings of the training process and the existing complications with the help of a justified approach will help improve the system of sports training of the student basketball team in the preparatory period.

Despite the various works and recommendations of experts in the field of sports training (Bezmilov, M., & Shinkaruk, O., 2020; Bessarabov M.S., 2015; Voznyuk, T.V., 2017; Voznyuk, T., etc. 2021; Gradusov V., 2017; Kostyukovich V.M., 2014; Mitova O.O., 2021; Pashchenko N.O., and others 2020; Poplavsky L.Yu., 2019; Sushko R.O., 2018) on improving the training process of basketball teams, formation and improving the technical and tactical actions of players and their acquisition of functional conditions, there are no "correct recommendations" to date and justified approaches to identify and analyze possible shortcomings of the training process of student basketball teams.

Our research proves the need to take into account our proposed scientific and methodological approach to identifying and analyzing deficiencies in the training process of the student basketball team based on assessing the level of each informative criterion that characterizes coaching.

Conclusions.

1. As a result of the study, data were obtained that identified the main shortcomings of the training process of the student basketball team in the preparatory period of the annual cycle of training and indicate the reasons for their occurrence.

2. The structure of the shortcomings of the training process of the student basketball team was dominated by subjective reasons, due to inefficient actions of the coaching staff. In particular, 73.4% of respondents believe that there are significant shortcomings in the actions of coaches, which can affect the quality of the training process of players of student teams and lead to negative consequences.

3. The study found that in student basketball teams work on the analysis of the shortcomings of the training process needs to be optimized.

4. The most logical definition of optimization of the activity of the coach of the student basketball team on the analysis of shortcomings in the training process of players is formulated.

5. To manage the activities of the coach of the student basketball team, a set of informative criteria was formed, which allowed to develop a technology for identifying and analyzing deficiencies in the training process of players.

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