

WAYS TO CARRY OUT TRAINING IN THE GAME OF BASKETBALL AT THE U12 CATEGORY

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Abstract. *The purpose of this research is to provide a theoretical and practical framework based on the literature for the investigation, identification and application of specific interventions for the implementation of basketball training in the U12 category. The optimization of the specific training process for the players of the U12 category involves the development and observance of a sports training program within which the physical, technical and tactical exercises specific to this category are well defined, classified according to the motor qualities with which each player is endowed and which he can develop, the skills and motor skills acquired up to this level reaching the rank of performance. The training in the game of basketball in the U12 category must be correlated with the complex, bio-psycho-social changes of the players, which take place within human development, which implies an extensive and complex program of physical exercises able to contribute to the development of the capacities and abilities of the basketball player. Analysis of the results of the control tests carried out during the training process showed an improvement in the level of specific and technical-tactical physical training in this level.*

Keywords: *Under12 category, training, practice, physical training, technical training, tactical training.*

1. Introduction

In contemporary sport, regardless of the branch or sport event practiced, there is a clear trend to discover new solutions aimed at developing human performance capabilities, solutions that will be included in the systemic concept of sports training [1], [16].

The level reached today in the development of sports practice, like any

activity with interdisciplinary characteristics, is constantly subject to an alert dynamic, leaving aside techniques and means used in training, because they no longer meet the requirements of high performance [2], [10], [11], [15].

Specialized works that have been published over time highlight more and more clearly the fact that everyone acquires throughout life the ability to assess distances and temporal dimensions

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as accurately as possible, their own speed of coordination in movement, accuracy and orientation in space [3–7], [14], [17].

In the developmental plan of the human body, the specialization of vital functions appears more and more pronounced, which allows motor activities to become more and more accentuated factors in the direct participation of the body to the adaptation to the changing environmental conditions in which it carries out its activity [8], [9], [18].

“The first principle on which the game of basketball was based was that it should demand of, and develop in, the player the highest type of physical and athletic development.” - Dr. James Naismith May 1914 [15], [16].

Based on the statement of Dr. James Naismith we understand that the first principle underlying the game of basketball is since you have to accept certain requirements in order to achieve performance, and the player, the athlete represents the highest class in terms of physical and athletic development [19].

Basketball belongs to the category of means of improving people's physical development and movement skills; it is a form of physical exercise, included in the physical education systems of every society, it is a social activity, an instrument through which society determines the direction that should correspond to the requirements formulated for the entire process of physical education. Basketball provides particularly favourable conditions for the complex development of the skills and motor qualities needed in life [9], [13], [15].

The issue of continuous improvement of the quality and efficiency of the basketball player's training process is generally attractive to all those who select, train and accompany athletes in competitions [7].

We consider that the development of this theme is based on the following reasons:

- The need to modernize the training process and to find a method to ensure efficiency and quality in the training process.

- Quality and efficiency of the process of introduction to the game of basketball in Under 12 youth players [9], [12].

Sports training is defined as *“a complex process of action, the objective of which is to develop sports performance in a systematic and goal-oriented manner.”* [14], [15]

In our case, physical training, technical training and tactical training specific to the Under 12 category must be carried out according to the particularities of the age, the characteristics of each athlete and the knowledge acquired by them during the training periods.

2. Objectives

The objective of the research is the design of a relative training model in the game of basketball for U12 youth players by developing and experimenting a didactic strategy training specific to this category of players.

Means and methods to carry out sports training should be designed for each athlete practicing in this category of youth players which meet the requirements imposed by it, strategies to ensure the effective fulfilment of tasks and responsibilities by each youth player.

In carrying out the research, the following objectives are considered:

- Studying specialized works on the specific physical preparation in the game of basketball in the U12 youth players;

- Systematization of the main means of physical, technical and tactical training in the game of basketball in the U12 youth players, considering the age-specific peculiarities;
- Design of a training program specific for U12 youth players with the main drills specific to this age.

3. Material and Methods

We used the following research methods for the realization of the work:

- bibliographical study method, by documenting the literature, represented by books, magazines and specialized websites, through whose content and presentation of concepts and terms related to the necessary preparation in any sports training, we have acquired and developed our knowledge of how to achieve the training in the game of basketball regarding U12 youth players.
- the observation method during sports training.
- pedagogical experiment method, based on the realization of a training program for youth players Under 12 for 6 months, during which the effects of the implementation of the didactic strategy were monitored by age-specific control tests.

Sport in general and basketball, in particular, have held and still hold a place special in the sports world, and not only there. Numerous books and publications have brought to the forefront the interest for this team sport, for its preparation and approach, through the development of training and drills adapted to the sport and age groups of the players, aspects that are at the basis of identifying the trends of action and development of the game of basketball.

In preparation of this theme, to approach and understand the game of basketball, specific particularities as a whole, and especially with regard to youth players Under 12, we proceeded to the documentation of specialized literature, approaching in this regard various publications, books, magazines and specialized websites, which have discussed issues related to sports training in the game of basketball, methods and techniques specific to this sport, presenting concepts and terms related to the necessary preparation in any sports training.

By studying the specialized literature on the sport of basketball, we have deepened the methodology and technique in the game of basketball, which helped us expand our vision on the approach and realization of sports training in the game of basketball, to develop our knowledge of how to achieve training in the game of basketball in general, and at the level of U12 youth players in particular.

To streamline and achieve the most appropriate training drills in the game of basketball for youth players Under 12, we considered the observation method as one of the most beneficial research methods in this context.

In sports training, observation is directed primarily at behaviour, which can be observed in general or selectively. The most important aspects that can be particularly observed in training sessions or competitions are:

- how the athlete approaches the situation confidently, with ease.
- how he/she interacts in human contact with others (coach, colleagues, referees, spectators) and what behaviour he/she adopts;
- how he /she reacts to the proposed tasks, is he/she captivated, receptive,

- indifferent, hasty;
- how impulsively or meticulously they perform the action;
- the athlete's expressiveness, the language used, the means of communication;
- the athlete's reactions to his/her own behaviour, to his/her performance in the face of difficulties, success or failure;
- evolution of the relationship between the athlete and the examiner (coach);
- concerns and opinions expressed on the subject.

The research work necessary for the realization of this paper was carried out in the period 2023 - 2024, which involved the study of the literature on the realization of basketball training for youth players Under 12.

In this regard, several about 20 specialized works have been studied, which have contributed to the acquisition and sedimentation of knowledge on the realization of basketball practice for Under 12 youth players.

To better reflect the theoretical and practical knowledge related to the specific training in the game of basketball for U12 youth players, we have developed an age-specific training program, with which we tried to bring to the fore the role and importance of physical, technical and tactical preparation specific to the game of basketball in the Under 12 category.

In basketball, the staging of the players' training is as follows:

- a) Physical component - 208 hours, i.e. 32.99% of which:
 - 1. General Physical Training - 88 hours, 14,66%;
 - 2. Specific physical training - 110 hours, 18,33%.
- b) technical component - 186 hours, i.e. 31%;

- c) Tactical component - 112 hours, 18.66%;
- d) Theoretical and psychological component - 30 hours, respectively 5%;
- e) evaluation lessons and competitions - 72 hours, i.e. 12.35%.

In accordance with the structure of the school year, the Under 12 youth player's specific practice will take place outdoors and indoors.

Competitional activity for Under 12 youth players is as follows:

- friendly matches: 8 - 11;
- official matches in local competitions: 14;
- Mini- basketball Festival: 8 - 10;
- total matches: 30 - 35 matches.

Weighting of training components in the U12 youth players' category:

- physical training 35 % - 70 - 91 hours;
- technical training 60% - 120 - 156 hours;
- tactical training 5% - 10 - 13 hours.

4. Results

Following the research methods used as well as the proposed means, in order to obtain better results in the training process in the game of basketball for Under 12 youth players, we have conducted a series of age-specific control tests: complex sequence of movements for attack techniques, complex sequence of movements for defence and big marathon.

A number of 8 athletes from the roster of „Viitorul” Sports High School of Piteşti's basketball team that I coach were tested (athletes will be represented in graphs and tables by initials of the first and last name).

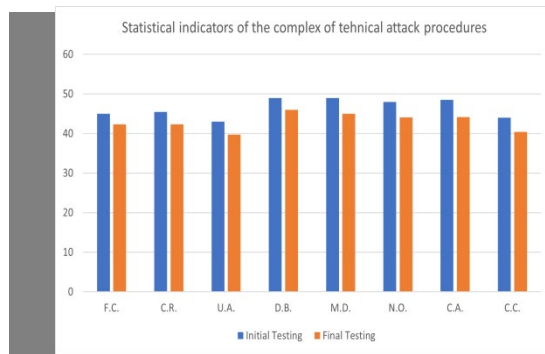


Fig.1. *Statistical indicators of the sequence of movements for attack techniques*

Figure 1 shows, further to the results obtained by the athletes of the U12 players in the initial testing of the control sample of the sequence of movements for attack techniques, that the average execution time of the layup drills was 46.5 seconds.

Subsequently, in the final test, the average execution time was 43 seconds of this control sample, thus an improvement of the execution time can be observed according to the diagram, on average 3.5 seconds.

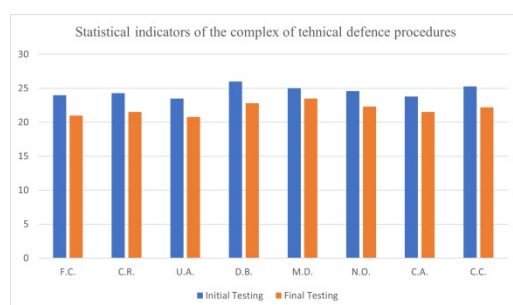


Fig.2. *Statistical indicators of the sequence of movements for defence techniques*

The data presented in Figure 2 in the initial test of the control sample in the sequence of movements for defence

techniques shows an average execution time of the layup drills of 24.5 seconds.

Subsequently, in the final test, the average execution time was 21.9 seconds of this control sample, thus an improvement of the execution time can be noticed according to the diagram, on average 2.6 seconds.

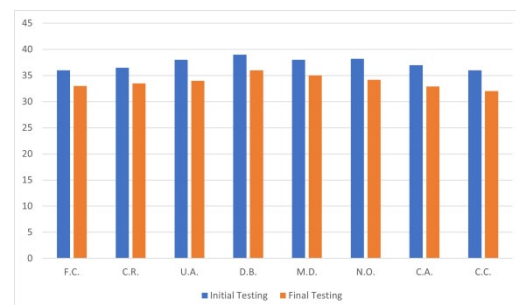


Fig. 3. *Statistical indicators of the Big Marathon*

When we look at the results obtained by the athletes of the Under 12 players' category in the initial test to the control test titled "*Big Marathon*", the average execution time of the layup drills was 37.3 seconds.

Subsequently, in the final test, the average execution time was 33.9 seconds of this control sample, thus an improvement of the execution time can be noticed according to the diagram, on average 3.4 seconds.

4. Discussions

In the course of this scientific approach, it was concluded that the success in the design of a relative training model in the game of basketball for U12 youth players by developing and experimenting a didactic training strategy is in close accordance with the particularities of each player, and the whole quantitative and

qualitative transformations which define human development and evolution must be taken into account, from the physical, psychological and social points of view, the level of training being the one that determines the performance in competitions.

5. Conclusions

There is a major concern, manifested by all the factors that select, train and accompany the athletes in competitions, for the continuous improvement of the quality and efficiency of the basketball player's training process, to obtain the best possible performance, both at collective, team and individual level.

In this respect, training practice cannot be carried out without strictly observing the general didactic principles of increasing human performance, in accordance with the requirements of practical activity, which implies active and conscious participation, rationalization and systematization, continuity and rhythmicity, accessibility and thematic appropriation, principles that underlie the systems and subsystems of physical education and sport.

Sports training is a complex process of physical preparation that influences both the bio motor ability and the individual's capability to adapt to intense and maximal physical efforts.

Physical training, technical training and tactical training in Under 12 players must be carried out according to the particularities of each player, adapted to the age category of the players.

In conclusion, the physical preparation for specific basketball in Under 12 players must be correlated with the complex biopsychosocial changes of the players,

which take place during human development, which requires a broad and complex practice program able to contribute to the development of the basketball player's capacities and abilities.

The optimization of the specific training process for players in the Under 12 category implies the development and observance of a sports training program within which to define physical, technical and tactical drills specific to this category very well, classified according to the motor qualities with which each player is endowed and which he/she can develop, the skills and motor skills acquired up to this level, reaching the performance level.

Also, the way competitions are held in the Under 12 players' category within the training program in the game of basketball has to be taken into account, being necessary to systematically plan the preparation throughout the competition.

After performing the control tests both in the initial and in the final phase, the involved roster showed mobilization and concentration during execution, trying to obtain the best times.

Analysis of the results obtained in each test shows an improvement of the execution times, which proves that the testing process carried out in the Under 12 player's category through the research methods and the specific means used according to the age particularities were effective.

Thus, it can be concluded that following the control tests during the training process in Under 12 youth players, the following were achieved: an improvement of basic motor skills, deepening of the fundamental techniques of attack and defense, application in bilateral play of the fundamental individual tactical actions of attack and defense, learning and

observing, in play conditions, the main rules of the game, developing the spirit of competitiveness and combativeness.

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