

EFFECTIVENESS OF ELITE FEMALE BASKETBALL PLAYERS' TECHNICAL-TACTIC ACTIONS AND WAYS FOR THEIR IMPROVEMENT AT STAGE OF MAXIMAL REALIZATION OF INDIVIDUAL POTENTIALS

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Abstract. *Purpose:* study effectiveness of elite female basketball players' technical-tactic actions and determine the ways for their improvement at stage of maximal realization of individual potentials. *Material:* the authors analyzed competition functioning's indicators of female basketball players of national combined team of Ukraine and their age characteristics. *Results:* effectiveness of technical-tactic actions in structure of national female basketball players' combined team of Ukraine competition functioning at European championship. The authors present: indicators of team composition; roles in team; won and lost games; quantity of scored and skipped points; technical-tactic actions; age of sportswomen. Age indicators of elite female basketball players at stage of maximal realization have been given. *Conclusions:* we have composed a list of the most important technical-tactic actions in competition functioning. We also outlined ways for their perfection at stage of maximal realization of individual potentials of elite female basketball players of different game roles.

Key words: basketball, competitions, technique, tactic, training, stage, indicators, game role.

Introduction

Modern conceptions of sport trainings' periodization (V. Platonov, 2008; 2013) underline presence of substantial contradictions in system of many-years' training of qualified sportsmen, which are conditioned by a number of factors:

- professionalization of elite sports, which results in increasing of difficulties. These difficulties are connected with significant difference of games, in which elite female basketball players participate. It results in negative after-effects, connected with certain imbalance in fitness of players, with need in planning team's training, considering national combined team's competition on club and international levels;

- intensification of training in children-junior sports. It borders with increase of traumatism, drawbacks in technical-tactic training at stage of maximal realization of individual potentials, violation of principles of selection to teams;

- insufficient interaction of different kinds of sports' national federations, specialists of Ministry of youth and sports, leading higher educational establishments of physical culture and sports and scientific-research establishments of this profile. Just they are responsible for preparation of programs for CJSS, SCJSSOR, national programs of development of certain kinds of sports, which would meet requirements to many years' training of qualified sportsmen [11,10].

In these conditions analysis of effectiveness of technical-tactic actions and determination of ways of their perfection at stage of maximal realization of individual potentials are an urgent problem for basketball. In this kind of sports efficiency of competition functioning is rather highly determined by level of technical-tactic fitness of players.

Effectiveness of technical-tactic actions in competition process is an important component of achievement of high sport results in basketball. It conditions significant researchers' interest to these problems. Besides, analysis of technical-tactic actions of female basketball players of national combined team of Ukraine in official games of European championship permits to say that these sportswomen are at stage of maximal realization of individual potentials. All these are additional factor of scientific interest to the mentioned problem.

The problems of optimal assessment of effectiveness of elite female basketball players' technical-tactic actions were described in detail in works by M. Bezmylov, 2010; [1], M. Bezmylov, O. Shynkaruk, 2010; 2011 [2, 3]. These authors render modern approaches to assessment of competition functioning results of elite female basketball players, which are the ground for system of players' selection to team. These problems were regarded in researches by D. Okamoto (2011). The author offers to take algorithm with consideration of mistaken and effective games techniques as a base of optimal assessment of technical-tactic actions [19].

The works by V. Koriagin (2010), S. Yevlevich (2008, 2009) are devoted to solution of the mentioned problems at different stages of system of qualified basketball players' many years' perfection [4, 5, 7]. The authors stressed that exactly the level of technical-tactic fitness, together with rather high indicators of physical fitness, plays the most important role in achievement of maximal sport results. In these researches they show that at different stages of many years' basketball training, orientation of training sessions shall be formed by different factors, but analysis of quality and effectiveness of technical-tactic actions is one of the most important.

In works by Zh. Kozina there are elucidated problems, connected with factors of professionalization of modern basketball, when advanced players have indicators of technical-tactic actions in competition practice close to maximal in games of national championships and games for Cup of country, official international championships of club level (Cup of Europe – FIBA; Euro-league FIBA) and national combined teams (European and world championships, Olympic games) [6, 20]. At the same time other players have not sufficient scope of game practice in elite competitions that create certain imbalance in macro-cycle of elite basketball players' training. It would facilitate increase of effectiveness of

sportsmen's technical-tactic actions at the account of highly specialized means of training and consideration of peculiarities of technical-tactic actions of different role players. Though, absence of elite competition practice practically can not be replaced even with the most effective and highly specialized training means owing to influence of psychological factors on a player.

In researches by I. Losieva, M. Pityn (2010) authors attempted to determine factors, which negatively influence on adaptation of young basketball players to training process and competition practice of teams [8]. They showed that effectiveness of young players' technical-tactic actions is influenced by psychological factors, which are connected with player's adaptation to sport collective. Influence of these factors to larger extent is noticed in competition practice and to lesser extent in training process. The authors stress on demand in application of complex approaches, which are based on usage of highly specialized means in training process and required amount of competition practice in official competitions.

Foreign authors stress on specific problem and possible ways of its overcoming [14, 21]. For example dissertation of T. Khutsynskiy (2004) is devoted to influence of sex factors on many years' training of female basketball players [13]. The author shows that effectiveness of elite female basketball players is influenced on by phases of ovarian-menstrual cycle and other specificities, intrinsic to women's organism. That is why determination of orientation in training of female basketball players and in planning of micro-, meso-, and macro-cycles of training requires consideration of these factors' influence for avoiding of negative effects in training process.

C. Lopes et al. (2012) on example of team U-19 render data that special physical fitness is the basis of effective realization of available technical-tactic potential during competition season [18]. It agrees with principles of general theory of sportsmen's training, by V. Platonov (2004) and data of theory and methodic of sportsmen's training in game kinds of sports: basketball (V. Koriagin, 2010, L. Poplavskiy, 2004) [7, 9, 12], volleyball (Ye. Yu. Doroshenko, 2013 [16], football, (Ye. Yu. Doroshenko, 2011, 2013) [15, 17].

Determination of effectiveness of technical-tactic actions of qualified female basketball players at stage of maximal realization, considering age indicators of sportswomen of different game roles will permit to specify age limits of this stage and orientation of training in macro-cycle's different structural formations.

Purpose, tasks of the work, material and methods

The purpose is to study effectiveness of elite female basketball players' technical-tactic actions and determine the ways for their improvement at stage of maximal realization of individual potentials.

The object of the research is technical-tactic functioning of elite female basketball players at stage of maximal realization of their individual potentials.

The subject of the research is technical tactic and age indicators in process of training and competition functioning of elite female basketball players at stage of maximal realization of their individual potentials.

Material and methods of the research

The authors analyzed results of competition functioning and age indicators of female basketball players of national combined team of Ukraine in European championship games for the period from 1995 to 2013. In the research we used the following *methods*: analysis of scientific literature, retrospective analysis of Internet data, pedagogic observations, analysis of advanced pedagogic experience and competition functioning's results, pedagogic experiment and methods of mathematical statistic.

Results of the research

Study of effectiveness of technical-tactic actions is a complex of problems. In competition process player is influenced by a number of factors, which complicate realization of his (her) technical-tactic potential. Besides, we should consider influence of group of factors, which belong to staff of coaches: character of chief coach and his technical-tactic preferences, which are connected with strategy of team, determined in training process and in competitions and etc. In final tournaments of European championships women's national combined team of Ukraine was trained by the following specialists:

- 1995, Brno (Czech Republic) – Volodymyr Ryzhov;
- 1997, Petch (Hungary) – Isaac Myzline;
- 2001, Orleans (France) – Igor Tkachenko;
- 2003, Pírgos (Greece) – Yuriy Veligura;
- 2009, Riga (Latvia) – Iryna Schypakina;
- 2013, Lille (France) – Vadym Chechuro.

Results of performances of women's national combined team of Ukraine are given in table 1. Pedagogic analysis of table 1 data permits to say that in most of final tournaments our sportswomen took 10-13 places. Exception was final tournament of 1995, when women's combined team of Ukraine took first place under guidance of Volodymyr Ryzhov.

Table 1

Results of women's national combined team of Ukraine (basketball) in finals of European championships 1995-2013, n=6

Won places	National combined teams					
	Final 1995	Final 1997	Final 2001	Final 2003	Final 2009	Final 2013
1	Ukraine	Lithuania	France	Russia	France	Spain
2	Italy	Slovakia	Russia	Czech Republic	Russia	France
3	Russia	Germany	Spain	Spain	Spain	Turkey
10	-	Ukraine	-	-	-	-
11	-	-	Ukraine	Ukraine	-	-
12	-	-	-	-	-	-
13	-	-	-	-	Ukraine	Ukraine

Analysis of teams' completing, considering players' game roles, witnesses about tactical preferences of coach staff of women's national combined team of Ukraine during preparation for official competitions and in process of management of competition functioning. The data about completing of teams with players of different roles are presented in table 2.

Table 2

Quantitative staff of national combined basketball team of Ukraine (women) in finals of European championships 1995-2013, n=6

Players' roles	National combined teams					
	Final 1995	Final 1997	Final 2001	Final 2003	Final 2009	Final 2013
Start-player	3	3	3	2	2	2
Forward	6	6	7	7	7	7
Center player	3	3	2	3	3	3

Pedagogic analysis of table 3 witnesses that the most effective was team staff at European championship 1995: 3-start players, and attacking backs; 6 – "light" and "heavy" forwards, 3 – center players.

Correlation of won and lost games witnesses about general level of sport fitness of women's national basketball combined team of Ukraine in finals of European championships 1995-2013. The received results are given in table 3.

Table 3

"Victory-defeat" indicators of national basketball combined team of Ukraine (women) in finals of European championships 1995-2013, n=6

Results of games	Finals of European basketball championships					
	1995	1997	2001	2003	2009	2013
Victories	9	3	1	1	0	0
Defeats	1	4	6	6	3	3
Correlation	+ 9	- 0.75	- 0.17	- 0.17	0	0

It is well known that effectiveness of elite female basketball players' competition functioning if influenced on by correlation of scored and skipped points. Such information permits to form mark of effectiveness of team's technical-tactic actions in competition process, expert assessment of sportswomen's complex fitness, determine strong and weak points of attacking and defensive actions of separate basketball players, links and team in general (see table 4).

Table 4

Scored and lost points of basketball combined team of Ukraine (women) in finals of European championships 1995-2013, n=6

Points	Finals of European basketball championships					
	1995	1997	2001	2003	2009	2013
Scored	638	528	452	476	191	180
Lost	561	543	541	526	241	225
Difference	+77	-15	-89	-50	-50	-45
Correlation	≈ 1.14	≈ 0.97	≈ 0.84	≈ 0.90	≈ 0.79	≈ 0.80

The data presented in table 4 witness that indicators of positive or negative difference and correlation of scored and skipped points are one of most important components with analysis of technical tactic actions' effectiveness in competition process. Most of specialists are of opinion that high effectiveness of technical-tactic actions, providing proper level of functional fitness and leader features of sportswomen's psycho-type, to large extent determines successfulness and efficiency of competition functioning. On the other hand, the higher level of sport competitiveness and sportsmanship of separate players and teams is the greater role in achievement of positive results can be played by secondary factors of competition functioning. Indicators of effectiveness of elite female basketball players' competition functioning are given in table 5.

Table 5

Indicators of effectiveness of basketball combined team of Ukraine (women) in finals of European championships 1995-2013, n=6

Indicators	Finals of European basketball championships					
	1995	1997	2001	2003	2009	2013
2-scores throws n_1 / n_2	188/438	141/313	117/255	116/337	56/117	56/124
Effectiveness,%	42.9	45	45.9	34.4	47.9	45.2
3-scores throws, n_1 / n_2	36/109	44/122	35/133	41/115	15/55	16/57
Effectiveness,%	33.0	36.1	26.3	35.7	27.3	28.1
Penalty throws, n_1 / n_2	154/245	114/168	113/154	212/167	34/47	20/36
Effectiveness, %	62.9	67.9	73.4	72.5	72.3	55.6
Passes, n_1	85	86	73	109	23	47
Captures, n_1	186	99	131	172	78	64
Blocked shots, n_1	271	185	204	281	101	111
Losses, n_1	26	25	106	64	35	39
Pick ups in attack, n_1	69	101	68	57	32	17
Pick ups in defense, n_1	-	-	15	27	12	4
Total of pick ups, n_1	89	66	107	122	68	61

Notes: n – quantity of finals; n_1 – total quantity of technical-tactic actions; n_2 – quantity of effective technical-tactic actions.

Application of these indicators for pedagogic analysis of technical-tactic actions' effectiveness is conditioned by their wide usage in practice and scientific researches. This list of indicators is used for determination of effectiveness of technical-tactic actions and assessment of competition functioning's effectiveness with formation of statistical material of official competitions under the auspices of international federation of basketball (FIBA), federation of basketball of Ukraine, coaches, specialists of complex scientific groups and other. In table 6 we present averaged indicators of technical-tactic actions of female basketball players of national combined team of Ukraine in finals of European championships.

Table 6

Averaged indicators of competition functioning of basketball combined team of Ukraine (women) in finals of European championships 1995-2013, n=6

Indicators	Finals of European basketball championships					
	1995	1997	2001	2003	2009	2013
2-scores throws n_1 / n_2	20.9/48.7	20.1/44.7	16.7/36.4	16.6/48.1	18.7/39.0	18.7/41.3
Effectiveness,%	42.9	45	45.9	34.4	47.9	45.2
3-scores throws, n_1 / n_2	4.0/12.1	6.3/17.4	5.0/19.0	5.9/16.4	5.0/18.3	5.3/19.0
Effectiveness,%	33.0	36.1	26.3	35.7	27.3	28.1
Penalty throws, n_1 / n_2	17.1/27.2	16.3/24.0	16.1/22.0	17.3/23.9	11.3/15.7	6.7/12.0
Effectiveness, %	62.9	67.9	73.4	72.5	72.3	55.6
Passes, n_1	9.4	12.3	10.4	15.6	7.7	15.7
Captures, n_1	20.7	14.1	18.7	24.6	26.0	21.3
Blocked shots, n_1	30.1	26.4	29.1	40.2	33.7	37.0
Losses, n_1	2.9	3.6	15.1	9.1	11.7	13.0
Pick ups in attack, n_1						
Pick ups in defense, n_1						
Total of pick ups, n_1						

Notes: n – quantity of finals; n_1 – total quantity of technical-tactic actions; n_2 – quantity of effective technical-tactic actions.

In table 7 we give age indicators of elite female basketball players, who participated in finals of European championships 1995-2013. The purpose is specification of age limits of stage of maximal realization of individual potentials in process of many years' training.

Pedagogic analysis of age indicators of female basketball players permits to state that age of most of sportswomen was ≈ 25 -27 years old. Age ranges of elite basketball players are within 18-38years.

Table 7

Age indicators of female basketball players of basketball combined team of Ukraine (women) in finals of European championships 1995-2013, n=6

Number of player	Age indicators of basketball players in finals of European basketball championships (years)					
	1995	1997	2001	2003	2009	2013
4	20	21	26	28	31	26
5	22	19	36	22	21	24
6	19	22	31	25	24	22
7	24	32	31	25	27	31
8	30	26	27	23	23	23
9	27	30	36	38	23	27
10	25	23	23	22	18	27
11	30	32	22	25	22	21
12	24	26	23	22	28	32
13	29	27	28	27	25	26
14	24	24	20	22	28	32
15	28	20	28	30	31	24
\bar{x}	25.17	25.17	27.58	25.75	25.08	26.25
S	3.71	4.47	5.21	4.67	4.01	3.77

In process of analysis of literature and generalization of experimental results we determined the following ways of perfection of technical-tactic actions and increase of their effectiveness:

- Application of highly specialized means of technical-tactic fitness's training, which by structure and character

of loads are close to competition exercises. It permits to significantly realize available technical-tactic potential of female basketball players in competition process;

- application of means of technical-tactic orientation on the basis of consideration of game role that permit to optimize training process and increase competition functioning's effectiveness.

Discussion

At the beginning of the research we hoped to receive a number of technical-tactic actions' indicators, which to the largest extent determine results of competition functioning and are used by scientists and coaches for assessment of its effectiveness. The basis of such assumptions was works by M. Bezmylova, O. Shynkaruk, 2010; [3], 2011; [2]. In these works technical-tactic actions, used in different systems of technical-tactic actions' assessment are described. Besides, assessment of technical-tactic actions, considering psycho-emotional condition of qualified female basketball players is given in dissertation of T. Khutsynskiy, 2004; [13]. The author stresses on importance of influence of motivation components and psychic condition on final result of competition process.

We think that our purpose, formulated in this research, has been achieved, as far as the received list of technical-tactic actions' indicators is actually a basic one and, with certain modifications, is used in most systems of assessment of technical-tactic actions. We noted that analysis and generalization of scientific-methodic literature (V. Platonov, 2004; [9], 2008; [11], 2013 [10], Zh. Kozina, 2009; [6], V. Koriagina, [7], S. Yelevykh, 2008; [4], 2009; [5] et al.) and experimental results permit to outline main directions of perfection of elite female basketball players' technical-tactic actions and age limits of stage of maximal realization. Technical-tactic actions' indicators of elite female basketball players are the basis for optimizing of sportswomen's training: correction of training loads, determination of scope of competition functioning, which is minimally required for further perfection of sportsmanship and etc.

The above said permits to regard technical-tactic actions as a leading component, which, to certain extent, determines effectiveness of competition process and realization of available technical-tactic potential of different role female basketball players in certain game. The received data about methodic approaches to perfection of technical-tactic actions shall be regarded just as main factors, which permit to optimize training processes and rationally determine orientation of training sessions. Generalization of age ranges for elite female basketball players at stage of maximal realization of individual potential will require further specifications and researches on example of national teams' sportswomen, who are leaders of European and world basketball.

Conclusions:

1. Effectiveness of technical-tactic actions of different game roles' elite female basketball players is, to large extent, determined by character of competition functioning and peculiarities of sport training. Technical-tactic actions, which are used in analysis of competition functioning and determination of its efficiency, include: ball throws (2-scores and 3-scores; penalty throws), pick ups of ball (in attack, in defense, total), capture of ball, efficient passes, blocked shots, losses of ball, fouls (of player and with player).
2. Main means of increasing effectiveness of elite female basketball players' technical-tactic actions are the following:
 - application of highly specialized means of technical-tactic orientation, which, by structure and character of loads, are close to competition exercises;
 - application of means of technical-tactic orientation on the base of game role's specificities;
 - application of the most optimal and rational tactic constructions of game conduct against certain opponent.
3. Approximate age indicators of elite female basketball players at stage of maximal realization of individual potentials can be considered the following: averaged indicators - $\approx 25-27$ years; age ranges- 18-38 years.

The prospects of further researches this direction are based on constant monitoring of indicators of technical-tactic actions' effectiveness of elite female basketball players, participating in official international championships in order to find out the trends to perfection of technical-tactic level of different game roles' sportswomen.

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Conflict of interests

The authors declare that there is no conflict of interests.

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