



# Features of comprehensive control in the preparation of basketball players

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## Abstract

**Objective of the study** was to expert assessment of complex control over the training of basketball players at the stage of improving sportsmanship.

**Methods and structure of the study.** The method of expert assessment of 81 basketball coaches was used. The respondents had extensive practical work experience and high qualifications. The questionnaire contained questions regarding the content and organization of comprehensive control during the training of basketball players.

**Results and conclusions.** As a result of the method of interviewing highly qualified experts, problematic aspects of complex control over the level of preparedness of players in modern basketball were identified. It was revealed that the assessment of important sections of basketball players' preparedness (hand speed, jumping speed, special agility, etc.) requires the development of new ones and clarification, taking into account the modern realities of basketball, of existing methods, indicators and criteria of preparedness. It has been established that the system of comprehensive control over the level of preparedness of basketball players has not yet been fully formed. Additional research is required on the scientific substantiation of the content, methods, tests (control exercises) for assessing the level of preparedness of basketball players. The greatest difficulties for trainers are in carrying out operational control.

**Keywords:** *comprehensive control, expert opinion, basketball players preparedness, modern basketball.*

Introduction. Successful performance of basketball players at important responsible competitions is currently impossible without carefully planned team preparation. The effectiveness of the training process largely depends on well-thought-out and competently organized comprehensive control, which includes informative criteria for assessing the level of special preparedness of basketball players.

P.M. Tsetlin and K.I. Travin recommend using control standards, which represent various throws and movements, and monitoring the players performance indicators [4-6]. In the mid-sixties of the last century, S.G. Bashkin points to the need to exercise medical control over the training process of basketball players [1]. In 1967, a textbook on basketball for physical education universities was published, in which a separate section is entirely devoted to the pedagogical control

of players [3]. The beginning of the 70s of the last century was marked by the appearance of manuals and recommendations for conducting scientifically based monitoring of the level of preparedness of basketball players of various qualifications [2].

The process of selecting informative control indicators is quite complex, since the success of actions in basketball depends on many factors. In practice, there are thousands of control indicators, but their true value and the need for application are not always scientifically substantiated, and therefore expedient. Many of them duplicate each other and are not informative enough. Therefore, an important task when developing an effective control system is the selection of a relatively limited number of scientifically based indicators that would provide a fairly complete description of the preparedness of basketball players. It should be

noted that the development of various components of complex control in basketball is not the same. Methods for monitoring the functional capabilities of basketball players appear in a more advantageous position, but they characterize only the foundation of the players sportsmanship, but not the skill itself. Many motor tests presented in the specialized literature, for the most part, are not scientifically substantiated. The influence of indicators obtained with their help on the effectiveness of competitive activity has not been established, and there are often no specific quantitative criteria characterizing the skill of players.

Particularly difficult is the assessment of both individual playing techniques and the calculation of integral indicators that characterize the effectiveness of the game of individual basketball players and the team as a whole.

Objective of the study was to expert assessment of complex control over the training of basketball players at the stage of improving sportsmanship.

Methods and structure of the study. The study used a survey in the form of a questionnaire. The experts were qualified basketball coaches with extensive practical experience.

Information characterizing the level of professional competence of experts is given in Table 1.

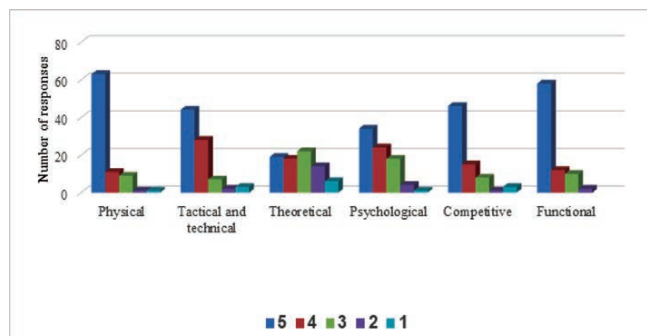
*Table 1. Characteristics of the composition of experts – basketball coaches (n=81)*

Expert data	Composition percentage
Honored Trainers of Russia (HTR)	13
Trainers of the highest category	48
Trainers of the first category	36
Trainers of the 2nd category	3
Coaching experience less than 5 years	13
Coaching experience 5-10 years	20
Coaching experience 10-20 years	31
Coaching experience over 20 years	36

The presented data indicate that more than 65% of respondents had more than 10 years of coaching experience and 97% of basketball coaches had the title of HTR, or the highest and first coaching category. The majority of coaches surveyed (96%) consider complex monitoring at the SCM stage to be an important necessary part of the training of basketball players.

Results of the study and discussion. Experts were asked to rate on a five-point scale the degree of im-

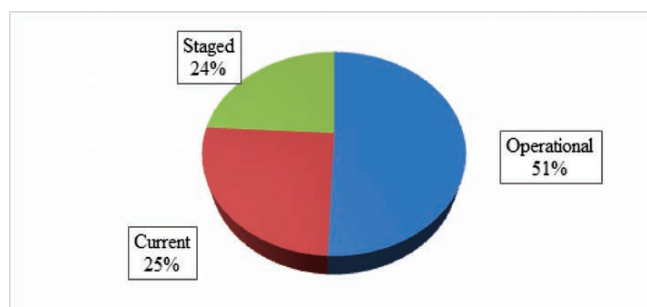
portance of assessing various types of training of basketball players when conducting stage-by-stage control at the SSM stage. According to experts, the level of physical, functional, tactical-technical and competitive preparedness of players is considered a priority (Fig. 1).



*Fig. 1. Expert opinion on the priority of types of training that need to be assessed in the process of stage-by-stage control of basketball players*

The majority of trainers believe that in the process of stage control, tests (control exercises) should be presented that assess the levels of special dexterity and coordination abilities (79% of respondents), speed endurance (65% of respondents), hand speed (49% of respondents), maximum jump speed (42% of respondents). Analysis of expert opinions (Table 2) shows that tests and control exercises presented in program documents regulating the training of basketball players do not always perform a control function, since they do not allow adequate assessment of the level of development of important special physical qualities necessary for successful gaming activity in basketball.

Difficulties arise when assessing the hand speed of basketball players - 25% of respondents believe that the presented tests solve this problem, jump speed



*Fig. 2. Opinion of experts (basketball coaches) (n=81) on the priority of difficulties that arise when carrying out various types of control in their practical activities*



Table 2. Expert opinion (n=81) on the performance of tests (control exercises) presented in the Federal Standard of Sports Training and corresponding programs at the stage of improving sportsmanship, their control function when assessing the special physical qualities of basketball players

Sections of special physical training	Answer options (%)		
	Yes	No	I find it difficult to answer
Tests to assess the general endurance of basketball players	59	21	20
Tests for assessing speed endurance of basketball players	68	20	12
Tests to evaluate the jumping endurance of basketball players	33	38	29
Tests to evaluate the maximum jump height of basketball players	57	16	27
Tests to evaluate the jumping speed of basketball players	29	45	26
Tests to evaluate specialized agility of basketball players	29	44	27
Tests to assess the speed of movement of basketball players	68	13	19
Tests to evaluate the hand speed of basketball players	25	49	26
Tests to evaluate the strength of basketball players	47	18	35

and special dexterity - 29% each. The majority of respondents were unable to assess the correspondence of tests and control exercises, this indicates unresolved problems in the content of various aspects of complex control of basketball players.

When analyzing the difficulties of various types of complex control of basketball players, 51% of experts noted that they were experiencing (Fig. 2). This is explained by the fact that for an objective assessment of operational control indicators it is necessary to use instrumental techniques. 81% of surveyed experts consider it important to use instrumental techniques when conducting comprehensive control.

**Conclusions.** Analysis of the opinions of highly qualified trainers on various aspects of complex control revealed:

1. A system of comprehensive control over the level of preparedness of basketball players has not yet been fully developed. Additional research is required on the scientific substantiation of the content, methods, tests (control exercises) for assessing the level of preparedness of basketball players.

2. Assessing the sections of basketball players' preparedness requires the development of new methods, indicators, preparedness criteria and clarification of existing ones, taking into account the modern realities of basketball.

3. The greatest difficulties for basketball coaches are in carrying out operational control. It is necessary to introduce new digital technologies into the practice of training basketball players and teach new methods to coaches as part of the professional development system.

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