



The Structure And Long-Term Dynamics Of Competitive Activity Of Highly Qualified Basketball Players

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Annotation. This article considers the competitive activities of basketball teams as a system, the components of which can be quantified and, subject to monitoring, will make it possible to optimize these indicators and sports results.

Keywords: competitive activity, system, system components, efficiency, optimization, correlation.

Структура И Многолетняя Динамика Соревновательной Деятельности Высококвалифицированных Баскетболистов

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Аннотация. Данная статья рассматривает соревновательную деятельность баскетбольных команд как систему, компоненты которой поддаются количественной оценке и при условии мониторинга даст возможность оптимизировать данные показатели и спортивные результаты.

Ключевые слова: соревновательная деятельность, система, компоненты системы, эффективность, оптимизация, корреляция.

The sum of technical techniques and actions combined by a common goal into a single dynamic system characterizes game sports, in particular basketball. The



game is based on the interaction and opposition of the players of the team among themselves and with the players of the opposing team. Seizing the ball and organizing an offensive requires physical effort and the ability to concentrate and think tactically. This causes the variability of the actions of each individual player and team in the course of competitive activity, that is, between the components within a single system. Looking at competitive activity as a system in which the components function according to certain laws and rules allows us to assess the possibilities of individual game indicators for the overall effectiveness of the team, the strengths and weaknesses of its preparedness. Data on the structure of basketball players' direct competitive activities at various stages of long-term preparatory work can, under certain conditions, serve as a guideline for adjusting goals and objectives, for choosing means and methods of training athletes during the year, as well as during the pre-competition period. To evaluate the competitive performance of basketball players, it is necessary to fix eighteen indicators.

With the help of correlation analysis of these indicators, it is possible to identify the features of the structure of competitive activity of a single team and the dynamics of changes in this activity. The overall performance of a basketball game, for example, correlates with such quantitative game indicators as: • technical losses; • Attacking transfers; • opponent fouls; • throws; • interceptions of the ball; • blockchains; • picking up the ball on your own and someone else's boards. The data block of game indicators largely determines the success of a single game, as well as performance in competitions as a whole. The assessment is made by comparing these indicators among the competing teams and makes it possible to assess the symmetry or asymmetry of the systems of the competitive process. The lower the place occupied by a team in the championship, the fewer statistically significant correlations between each of the game indicators. This can be explained by the fact that a team in optimal athletic form is a system with a harmonious unity of components. The final criterion for such team coherence is the athletic result, which also depends on the technical and technical readiness of individual players and the team as a whole.

Long-term monitoring of these indicators provides grounds for making managerial decisions at various levels: current, stage-by-stage, load adjustment, development of individual physical and psychophysiological qualities of players, which leads to the improvement of important components of the system -



competitive activity, ensuring optimization of its effectiveness. So, let's summarize the results. Game performance has an impact on the team's performance in competitions over the long term. These indicators directly and indirectly correlate with each other both with the results of the game and with the results of tournaments. The correlation of these indicators is clearly evident when changing and restructuring the structure of competitive activities at various stages of training. Different indicators have different effects on the final outcome of the game, as they can be interchangeable and mutually pollinated. This influence also depends on the success of the team's performance in the competition. The quantitative indicators of the listed components of the competitive activity system of basketball athletes at various stages of training depend on the physical fitness and level of readiness of the opposing players. The overall result of the competition and the quantitative game indicators as its external manifestation can be provided by various functional systems and physical qualities. In order to optimize the results of each stage of the competitive period, it is necessary, first of all, to increase the effectiveness of the competitive process system, that is, the effectiveness of managing basketball players' training as a consistent long-term activity using detailed step-by-step models developed based on monitoring quantitative indicators of the main components of the competitive activity system.

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