

# PERIODIZATION IN BASKETBALL: EVIDENCE VS./FOR REAL LIFE

IGOR JUKIĆ

Sport Scientist, Advisor of ELPA

Periodization of sports preparation implies systematic planning and programming of training, competition and recovery in time cycles that are specific in terms of content, workload and training methods. The fundamental goals of periodization in basketball are the protection of player health (ensuring availability for training and competition) and improving competitive performance. At each of these competitions, basketball teams should be in optimal sports shape. The special feature of achieving peak performance in basketball is related to a large number of potential peaks, and it is often difficult to predict which games during the competitive season will be particularly important in terms of results. A special obstacle to the implementation of adequate periodization strategies is the congested competition schedule during the competition season. Such a competition system puts coaches in a situation to choose between short-term (microcycles) and long-term approaches (macrocycles) to planning and programming.

The periodization of sports preparation in basketball is based on the synchronization of team and individual sports form. The basic task of periodization (planning and programming) is the manipulation of contents, loads and methods of sports preparation in the specific period of preparation and competition. Periodization should be applied in different programs (strength and conditioning, technical and technical-tactical) of sports preparation. At the same time, special attention is paid to psychological preparation, nutrition and recovery.

Due to the influence of various types of stresses on the player and the team, it is not easy to interpret the real reasons for changes (positive and negative) in competitive efficiency. That is why coaches applying precise training interventions, and special emphasis is placed on the monitoring of load, fitness and fatigue.

Such a multidimensional demand for sports preparation requires a multidisciplinary and interdisciplinary approach in planning and programming. That is why the coach and his staff should be equipped with evidence based knowledge and experience that will allow them to, according to their experience, effectively manage the training process and sports form.

This is precisely why we can say that the job of a basketball coach is based on craft (content, methods and workload), science (evidence based data) and art (planning and programming of an integral system of sports preparation).