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OS EFEITOS DOS PERÍODOS DO JOGO DE BASQUETEBOL NAS COMPONENTES TÉCNICA E FÍSICA: ESTUDO APLICADO A UMA EQUIPA MASCULINA DE SUB-16

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O presente estudo pretendeu avaliar os efeitos dos diferentes períodos do jogo de basquetebol em algumas variáveis da performance técnica e física. A amostra era constituída por 10 atletas, pertencentes a uma equipa de sub-16. A recolha de dados decorreu em 5 dias consecutivos, em 9 momentos distintos de avaliação e os testes consistiram na aplicação de um protocolo antes e após diferentes períodos de jogo de basquetebol, nos quais se incluíram 2 séries de 15 lançamentos livres e diferentes tipos de saltos: squat jump (SJ), countermovement jump (CMJ) e, 15 seconds of continuous jumps (MJ15). Os resultados do nosso estudo revelaram diferenças significativas para o SJ e para o CMJ ($p < 0,05$). Embora as componentes técnica e física sejam consideradas determinantes para jogar basquetebol, os resultados revelaram um decréscimo significativo nos respectivos níveis de eficácia (entre o pré-teste e o pós-teste), principalmente após o 4º período do jogo.

Palavras chaves: preparação desportiva, componente técnica, movimentos fundamentais, elementos técnicos individuais.

THE EFFECTS OF DIFFERENT GAME QUARTERS ON PHYSICAL AND TECHNICAL ITEMS: STUDY APPLIED TO A BASKETBALL UNDER-16 TEAM

Currently, a growing interest by the dynamic of Basketball is observed, with particular highlight for the identification and classification of specific demands as consequence of the assembly of new rules introduced in 2000 by FIBA. The central purpose of the present study was to analyze the implications of different the basketball game quarters on both physical and technical items. Of the sample did part 10 individuals, athletes of a under-16 portuguese basketball team. The collect of data occurred during five consecutive days in nine moments of evaluation and the tests consisted of the application of a protocol of tests before and after different basketball quarters, of which did part two sets of 15 free-throws and three kinds of jump: squat-jump (SJ), countermovement jump (CMJ) and 15 seconds of continuous jumps (MJ15). No significant differences were found on free-throws and MJ15 ($p > 0,05$). The results of the protocol of jumps reflect significant differences both on SJ and CMJ ($p < 0,05$). In both tests, those differences were identified in 10 minutes (SJ $p = 0,036$ CMJ $p = 0,000$) and 30 minutes games (SJ $p = 0,004$ CMJ $p = 0,016$). The significant increase in the post-test on those quarters could suggest that the first and third quarters were not played as quick or intense as observed in the second and the last game quarters. Although technical and physical items are essential to play basketball, results revealed a decrease (between pre and posts tests) on their efficiency levels, preferentially after a 40 minutes game.

Keywords: physical items, technical items, efficiency levels, game quarters.