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A IMPORTÂNCIA DA COMPONENTE TÉCNICA NA PREPARAÇÃO DESPORTIVA A LONGO PRAZO DOS JOGADORES DE BASQUETEBOL

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O objectivo deste estudo foi avaliar a importância que os treinadores de basquetebol atribuem às habilidades técnicas na preparação desportiva a longo prazo. Para o efeito, recorremos a um questionário e as variáveis incluíram os movimentos fundamentais do atacante sem e com bola, os elementos técnicos fundamentais e os movimentos fundamentais do defensor. Os treinadores da amostra (n=185) foram agrupados em função do género e das etapas de preparação desportiva: iniciação, orientação, especialização e alto-rendimento. Não foram identificadas diferenças significativas nos elementos técnicos fundamentais. Os nossos resultados sugerem que as habilidades técnicas, nomeadamente os aspectos globais do movimento (com e sem bola), devem ser objecto de um trabalho mais intenso antes dos 14 anos de idade. Paralelamente, os nossos resultados sugerem que enquanto que no sector masculino se atribui maior importância aos aspectos defensivos nas etapas intermédias da preparação dos jogadores, no feminino isto sucede apenas em etapas mais tardias.

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

THE IMPORTANCE OF TECHNIQUE ISSUES IN LONG-TERM BASKETBALL PLAYERS DEVELOPMENT

One of the aspects that haven't been adequately investigated is the importance that specialists dedicate to those abilities in a long-term athlete development perspective. Thus, the purpose of this study was to evaluate the importance that basketball coaches give to those abilities, in both genders. The data was collected using a questionnaire and the answers included four technique related items: basic movements, specific movements, technique fundamentals and finally, basic movements of the defender. The sample was divided according with team's gender and stages of long-term athlete development: initiation (n=27), orientation (n=52), specialization (n=68) and excellence (n=38). No significant differences were found on technique fundamentals ($p>0.05$). Our sample agreed that these abilities should be subject of a more intense development essentially until 14 years old, both in basic movements ($F=5,71$; $p=0,001$), and in specific movements ($F=6,34$; $p=0,001$). Also, the results reflect significant differences between coaches in the basic movements of the defender, both for coaches working with males ($F=3,50$; $p=0,018$) and females athletes ($F=4,05$; $p=0,001$). Therefore, our sample reinforces the importance of developing global aspects of movement, mainly until 14 years old. At the same time, the results suggest that coaches working with males, initially, focus their approach in the offensive aspects, allowing the understanding and promoting the success. By the other hand, in females, the game is typically less intense in defence and only at the higher level of competition, where taller and more physical players and recruited, coaches need to dedicate greater importance to the defensive aspects.

Keywords: long term athlete development, technical issues, basic movements, technique fundamentals.