



PHYSICAL DEVELOPMENT AND SPECIFIC WORKABILITY OF 15-YEAR-OLD BOYS FROM THE NATIONAL BASKETBALL TEAM OF BULGARIA

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Abstract

The **objective** of the study is to optimize the preparation of the 15-year-old competitors (boys), listed in the expanded composition of the national basketball team of Bulgaria by analysis of the parameters of their physical development and specific workability.

The study is made during the period November 2010 – May 2011.

Subject of the study is the basketball game in between growing up competitors-boys.

Object of the study is the physical development signs, the special physical and specific technical and tactical preparedness.

Contingent of the study is 39 basketball players, born in 1995, listed in the expanded composition of the Bulgarian national team for the respective age group under study.

For solving the objective and tasks of the study, data for 16 indicators are registered:

- ✓ physical development – 7 indicators;
- ✓ physical preparedness - 6 indicators and
- ✓ technical-tactical preparedness - 3 indicators.

The following **methods of research** are applied for solving the objective and the tasks of the study: review study, anthropometry and sport-pedagogical testing.

The results of the study are processes mathematically and statistically by: variation analysis, sigma deviation method and the index method.

Key Words: Basketball, growing up players, physical development, specific workability.