149 - THE TRAINING PROCESS OF A BRAZILIAN BASKETBALL HIGH PERFORMANCE MASCULINE TEAM: AN ANALYSIS OF THE REAL TIME DESTINED TO THE DEVELOPMENT OF THE CONTENTS.

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1 Introduction

To plan and to execute the process of preparation of a team that competes in international level is not something simple of if materialize. This task is of responsibility of the trainer or coach who with the other professionals of his confidence (Commission Technique), must consider a series of variables that intervine, directly, in the process of training in order to reach the achievement of its objectives. This professional is primordial figure in the training process, of its actions appear evolutions or involutions in the behavior of the team and the athletes. According to Rodrigues (1995, p. 17) "the characteristics of the trainer, its formation and experience, [...] are determinative of the sporting success and consequently of the pedagogical relation in Sport".

Thus, the actions that this professional assumes in function of the management of the time in the sessions of trainings appear as a pointer of quality of this planning of training. The time offered in order to maximize collective and the individual qualities of each athlete and of the team, as well as, the time destined to the correction of errors and deficiencies, assume direct influence in the performance of the group and for consequence in reach or not of the waited success. Nunes (1999) believes that the management of the time serves as a variable of control of the process and in the comparison between products of this process.

Therefore, to investigate on the management of the time of trainings during the process of preparation of a team for competitions becomes a preponderant factor in intention to verify the possibility of this team to get success in the disputes where it will go to carry through.

2 - Aim of the Study

The objective considered for the present study is to investigate concerning the management of the time offered during the sessions of training of a brazilian basketball high performance adult masculine team in its process of preparation for international competitions. It is intended, still, to verify the real time (useful) destined to the development of each proposal category.

3 - Bibliographical Revision

3.1 - Basketball Dynamics

The basketball since its creation, in the end of century XIX, if has characterized according to Hernandez Moreno (1998), as a sport of opposition and cooperation, that involve simultaneous actions between two teams. These actions are developed with such dynamism and speed that the athletes, in few seconds, cross from one to the other side of the court, executing multiple motor actions with coordination and precision. Tricoli & De Rose Junior (2005) still approach the importance of the variability of rhythm and intensity in the execution of these actions.

In basketball, according to studies of De Rose Junior (2002), Sampaio (1998) and Dias Neto (1997), the pointers that more contribute for the victory in the final outcome of the games are: play at home (the team that plays at home possess more probability of success), the field goal percentage made and the number of defensive rebounds catched by a team.

Considering that in the main international competitions, all the games are disputed in one same gymnasium. This fact minimizes the first pointer. The offensive talent of an athlete can provide a considerable index of field goal shoot made. However, in case that the team doesn't carry through an efficient defense, this talent will be always acting under the pressure of not being able to fail, therefore the stability of the game will be centered in the conversion of the field goal shoots and for consequence in its made percentage. Acting under pressure, the probability to make a mistake tends to increase compromising this pointer.

In reason of this, the defense is a basic element to become possible to win a game or competition. According to Carvalho, W. (2001, p.105), "aggressive defense and fast breaks are the best combination for the success in the basketball". Through a structuralized and efficient defense the index of made shoots of the adversary tends to diminish, the number of defensive rebounds catched to increase, what it can provide a great number of fast breaks and easy baskets converted. As example, in the last Adult Male World Championship (2002), the national team of Yugoslavia was champion although have only the third attack in index of points, however, was the better defense.

In some cases, teams with limited quality and talent, but, with a great defensive potential can suffer few points and obtain many points through the fast break. Morgan Wootten emphasizes this thesis approaching that

one team with medium talent can changed in a better team if create errors in the adversary, if force the adversary offensive to work for all action who will be initiated, and not to allow easy shoots. But this will not happen, unless each member of its team know and execute techniques and appropriate defensive tactics. (1992, p. 135 ours translation)

A defensive fragility, not only allows that the adversary acts comfortable, as it doesn't contribute for improvised and precipitated adversary actions that could originate errors and consequent recovery the poss of the ball for the team that defends. Thus, in the modern basketball, the defend action assumed a platform of "world unanimity" as aim and objective to be boarded in the training. The coaches, always that questioned they affirm, to be looking in search to raise the level of efficiency and trustworthiness of its defensive systems. In the planning of the sessions of training, almost always, a precious time, of the total time, tends to be reserved for defense activities, in the attempt to characterize these actions.

Constantly, the fragility to defend, or either, to block or to try to block the adversary team shoots, successfully, the ball through the basket appears as one of the main causes that contribute for the failure of a team. Exactly, athletes with unquestionable and offensive quality compatible as the best level of the world-wide basketball, the individual and collective defensive limitation brakes the performance, hindering the success it group.

3.2 - Coach Behavior

Nunes (1999) believes that the coach is a main element of the integration process that makes possible the attainment of success in trainings. In the training process, the behavior of the coaches can be conditional for innumerable determinative factors that imply, necessarily, in the achievement of its results. The constant search of performance as

consequence of training process, considered for the coach, makes possible to reach the objectives of each session, and, consequently, the sportive success.

Inside of the skills to lead training sessions, the coach has for aim to facilitate the learning process, athlete's improvement and development, and as inherent function of this conduction, is the possibility of organization conditions that means significant experiences to develop potentialities for athlete's lives.

These conditions, usually, are supported in three excellent aspects: **the adequacy of the stimulation process** requires compatibility between the activities proposals and the level of athletes and team. According to Ramos (2004), the coach "must provide situations that allow to develop skills in accordance with the evolution phase where the team or athletes [...]". The **relation between way and purpose** must necessary to be sediment as such form that the ways to be considered for the coach, are capable to lead the athletes or the team to the achievement of the objectives. Nunes (2004) believes that the coach has techniques and pedagogical strategies that maximize the performance of its disciples, although he has conscience that in high competition there are multiples intervening factors that influence the success. **The organization of trainings time and** the contents adequate **offers** is, directly, connected to athlete's performance. The performance during a motor action, as fit the sportive gestures, is directly proportional to the correct learning of the gesture technician and to time offers to practice, to fix, and to develop it. The coach has to manage this process of teach sportive techniques, as well as, the management of time to train each motor gesture.

3.3 - The Management of Trainings Time

In the scope of the education analysis, some studies are identified in concerning the dimensions of time among the Physical Education and sports universe. First, because it allows investigating on how coaches used trainings time to create favorable conditions for the performance of the athletes? The values quantification of different categories of the reference time management allows to establish a reference picture, for analysis of coach and athletes behavior projecting itself the cover of training process.

According to Carreiro da Costa (1988), "more efficient professionals are, also, good managers because use better the useful time and to transform the available time for practical one into more time of activities of learning."

Thus, the professional responsible for the management of trainings time in basketball necessary have to destine, during the work sessions, a considerable and precious time to offers for development, individual and collective, of defense techniques and strategies (including rebounds) added to fast break and, still, of diverse types of shoot (in special the field goal shoots).

4 - Methodology

The present study was developed in accord with a descriptive format. According to Cervo and Bervian (2002, p. 67) "it is about a study of description of the characteristics, properties or relations existing in the community, groups or searched reality". Koche (2002, p. 124) adds that " descriptive searches studies the relations between two or more changeable of one phenomenon without manipulating them".

This research consists in a study of case concerning an adult masculine high performance basketball team in its preparation process for international competitions, considering the management that its head coach made of trainings time.

For achievement of the considered objectives for this study was carried through a reduced and adapted version of the court comment direct system, where categories had been codified using the register of the useful time offered for each one of diverse training sessions of the planning.

For effect of this study, the actions taken for the head coach, responsible by the conduction of the planning and of training sessions, had been codified in 06 (six) categories in agreement the identification below:

1. Activity Elaboration (EA) - It is proven in interventions of the coach to prepare, to organize, to instruct, to demonstrate concerning an exercise or activity that the group of athletes will go to realize.

2. Individual Defensive Practices (PID) - Develops from activities proposals for the coach where the athletes practice the defensive techniques, without the direct participation of the friends and without the presence of other athletes who could assume offensive function.

3. Offensive Individual Practices (PIO) - One uncurls from activities proposals by the coach where the athletes practice the offensive techniques, without the direct participation of the friends and without the presence of other athletes who could assume defensive function.

4. Offensive and Defense Collective Practices (PC A/D) - One proves from activities proposals by the coach where the athletes practice offensive and defensive techniques and tactics acting, obligatorily, against other athletes in opposition.

5. Not Specific Practices (PNE) - One develops from activities proposals by the coach that aren't connected directly to specific objectives of training session or where athletes practice movements that not pertaining to basketball specific characteristics .

6. Others (OR) - They are interventions, by the coach, not considered in the previous categories and that they occur outside of the period of practices, or that they imply in the interruption of athlete's motor activity.

Had been recorded 18 (eighteen) training sessions of the team, being that 09 (nine) had been observed in the period of morning and 09 (nine) in the period of the night. This quantitative one approximately represents 51.42% of total (35 - thirty and five) of training sessions planned and carried through during the preparation for the international competitions.

The analysis of videotapes was made through the television. During all the process of comment and analysis of videotapes, the video temporization of execution and, for consequence, the training session was visible in the base of the television through the audiovisual resource called "o counter.

During the analysis process, a chronometer was turn on in the same instant where the beginning of the training session occurred. Each moment where the coach assumed an action to modify the activity or exercise characterizing a change of category proposal for this study, the videotape and the chronometer had been paralyzed and the time (in seconds) was registered, in a control spread sheet, finishing this category. In a new turn on of the chronometer and the videotape, a new category was opened. The time offered for each category proposal was registered in seconds, represented a percentage of total of seconds that lasted each training session.

After a first analysis of each training session, a period of 72 (seventy and two) hours was waited for accomplishment of a new similar process of analysis in order to verify the veracity index. Only, the analyses with agreement levels of equal or above 85% (eighty and five percent) had been used as data of this study, according to Bellack formula (1966) based on agreements and disagreements. The only responsible for the writing of training sessions, for the reproduction and analysis of videotapes, as well as, for setting in motion and stopping the chronometer and videocassette was the author of this work.

5 Data Presentation and Analysis

The detected results were described in table 01.

Train. Session	EA		PID		PIO		PC A/D		PNE		OU		Nº of Eval.
01	1193	15,61%	----	----	5437	71,12%	----	----	698	9,14%	316	4,13%	1ª Eval.
(7644 sec.)	1186	15,52%	----	----	5426	70,98%	----	----	704	9,22%	327	4,28%	2ª Eval.
02	1358	18,70%	----	----	1010	13,91%	4042	55,68%	662	9,12%	188	2,59%	1ª Eval.
(7260 sec.)	1361	18,72%	----	----	1008	13,89%	4041	55,67%	663	9,13%	187	2,59%	2ª Eval.
03	1842	24,79%	1590	21,40%	1512	20,35%	1018	13,70%	852	11,47%	714	9,61%	1ª Eval.
(7428 sec.)	1844	24,80%	1589	21,39%	1509	20,32%	1021	13,74%	850	11,44%	715	9,62%	2ª Eval.
04	1744	24,08%	----	----	1600	22,10%	2512	34,69%	686	9,47%	698	9,64%	1ª Eval.
(7240 sec.)	1740	24,03%	----	----	1602	22,12%	2516	34,75%	685	9,46%	697	9,62%	2ª Eval.
05	1868	26,41%	----	----	4251	60,10%	----	----	530	7,49%	424	5,99%	1ª Eval.
(7073 sec.)	1862	26,32%	----	----	4253	60,13%	----	----	526	7,43%	432	6,10%	2ª Eval.
06	1184	16,87%	----	----	4866	69,33%	----	----	556	7,92%	412	5,87%	1ª Eval.
(7018 sec.)	1192	16,98%	----	----	4851	69,12%	----	----	559	7,96%	416	5,92%	2ª Eval.
07	2210	29,69%	----	----	627	8,42%	3456	46,43%	638	8,57%	512	6,88%	1ª Eval.
(7443 sec.)	2206	29,63%	----	----	632	8,49%	3459	46,47%	635	8,53%	511	6,86%	2ª Eval.
08	1524	21,52%	----	----	1566	22,11%	2336	33,00%	1422	20,08%	232	3,27%	1ª Eval.
(7080 sec.)	1532	21,63%	----	----	1562	22,07%	2339	33,02%	1420	20,05%	228	3,22%	2ª Eval.
09	1306	19,00%	----	----	1008	14,66%	3710	53,97%	662	9,63%	188	2,73	1ª Eval.
(6874 sec.)	1302	18,94%	----	----	1012	14,72%	3707	53,92%	665	9,67%	188	2,73	2ª Eval.
10	1312	18,70%	----	----	749	10,67%	3407	48,56%	1074	15,31%	474	6,75%	1ª Eval.
(7016 sec.)	1316	18,75%	----	----	754	10,74%	3401	48,47%	1068	15,22%	477	6,80%	2ª Eval.
11	1262	17,64%	----	----	696	9,73%	3561	49,78%	1074	15,01%	560	7,83%	1ª Eval.
(7153 sec.)	1254	17,53%	----	----	692	9,67%	3557	49,72%	1079	15,08%	571	7,99%	2ª Eval.
12	1346	19,15%	1185	16,86%	1086	15,45%	2274	32,35%	623	8,86%	515	7,32%	1ª Eval.
(7029 sec.)	1339	19,04%	1176	16,73%	1092	15,53%	2278	32,40%	627	8,92%	517	7,35%	2ª Eval.
13	1287	18,46%	----	----	1153	16,53%	2768	39,70%	1181	16,94%	583	8,36%	1ª Eval.
(6972 sec.)	1276	18,30%	----	----	1160	16,63%	2762	39,61%	1184	16,98%	590	8,46%	2ª Eval.
14	1327	18,39%	----	----	1278	17,71%	3167	43,90%	976	13,53%	466	6,46%	1ª Eval.
(7214 sec.)	1323	18,34%	----	----	1277	17,70%	3165	43,87%	979	13,57%	470	6,51%	2ª Eval.
15	1092	15,47%	1146	16,24%	1027	14,55%	2295	32,52%	983	13,93%	513	7,27%	1ª Eval.
(7056 sec.)	1096	15,53%	1147	16,25%	1023	14,49%	2298	32,565	985	13,96%	507	7,18%	2ª Eval.
16	1218	16,79%	----	----	1287	17,74%	3116	42,96%	1124	15,49%	508	7,01%	1ª Eval.
(7253 sec.)	1215	16,75%	----	----	1285	17,71%	3118	42,99%	1127	15,53%	508	7,01%	2ª Eval.
17	1159	16,91%	----	----	1286	18,76%	2461	35,90%	1134	16,54%	814	11,87%	1ª Eval.
(6854 sec.)	1162	16,95%	----	----	1288	18,79%	2459	35,87%	1133	16,53%	812	11,84%	2ª Eval.
18	1083	16,63%	----	----	1314	20,17%	2265	34,77%	1205	18,50%	646	9,92%	1ª Eval.
(6513 sec.)	1080	16,58%	----	----	1312	20,14%	2266	34,79%	1207	18,53%	648	9,95%	2ª Eval.

The average duration of training sessions was of 7117,77 (DP ± 253.71) seconds. Of this period, in average, 1406,39 (DP ± 310,40) seconds had been approximately offered for elaboration of the activities of training sessions, what it is equivalent approximately of **19.75%** of total time average of training sessions.

The activities of offensive individual practices had represented, in average, **24.78%** of total time of training, with an average of 1764,05 (DP ±1461,31) for training session. The activities of offensive and defense collective practices had occupied, in average, **39.70%** of total time, lasting, approximately, 2825,86 (DP ± 773,70) seconds for session of trainings.

For the activities of not specific practices had been expenses for training session, approximately, 893,34 (DP ±268,39) seconds that represent **12.55%** of the total time average of the training sessions. And, **6.84%** of total time average had been destined to other activities enclosing a sum average of 486,83 (DP ±176,33) second for training session.

The activities destined to develop the individual defensive practical had occurred only three times during all the eighteen sessions of training. This data influences directly in the analysis statistics process of the training process. In this category of activity, when this practical was placed, had been offered a total of 3921 seconds, with 1307 average (DP ± 245,86) seconds, what it characterized **18.36%** of total time average of training sessions.

6 - Conclusions

Based on the studies boarded for this research and in the statistics analysis of the data collected during the training sessions of the team in question, it was extended to conclude that the process of training developed for this team assumed two main aims: first, the tactic structure of the game (strategies) in order to provide intermeshing with the athletes of the team and, still, in the search to try to surprise the adversaries. The second aim was the maximization of the individual offensive techniques as the skills, the jabs and, mainly, the shoots.

These aims of action could have been identified in function of the destined time to the development activities that characterized each category proposal for this study. The activities for development of the tactical structures (offensive and defense collective practices - PC A/D) had consumed, approximately, **39.70%** of total time of training, while to offensive individual practices (PIO) had been destined around **24,78%** of trainings time. The process of activity's elaboration that had been executed (EA) consumed, something, around **19,75%** it time, and, in average, **12,55%** it time had been destined to not specific practices that don't specify to basketball (PNE), as well as, other activities (OU) had lasted, in lathe, of **6,84%** of the training time.

With is, it can be concluded that the team analyzed for this study when will be acting, probably, will concentrate its forces in the offensive potential of the group and in the offensive skills of its athlete, what oppose of the study of Carvalho, W. (2001) about the importance of the defense and the fast break. However, its action will be engaged in order to raise the efficiency in the field goal shoots, whose rightness percentage is one of the main factors, like De Rose Junior (2002), Sampaio (1998) and Dias Neto (1997), to reach victories.

Probably, when the rightness percentage in field goal shoots will be higher in a game, the probability of victory of this team will be concrete. But, becomes necessary to consider that in games where this percentage of shoots will be below of the foreseen one, the probability of lose, also will be real ahead of the found difficult in respect to the time destined to training the defense techniques.

During all the process comment of the training, the activities for development the individual defensive practices (PID) had been carried through only three times and when they had been exerted they had not reached at least **19%** of total time of the session. This fact, induces to conclude that this team doesn't meet prepared to exert an efficient defense system during one determined period of a game or competition, reducing the adversary possibilities to hinder the baskets and to

provide fast breaks.

To establish a judgment of future process about success and results in collective performance sport is something sufficiently complex and difficult, therefore the factors that influence the performance sport are innumerable, not only in the process, but also, in the day of the competition. But, in function, of the references proposals for other authors and of the analysis of the collected data, this study it believes that this team when faces to adversaries of equal or inferior technician level, in function of its offensive potential (collective and individual) will possess ample possibilities to reach the victories and the championship. However, when the adversary will be of superior technician level to the team in question, and if make necessary to bet in a defensive potential in order to break the qualities of the adversary, the possibilities of failure and lose become bigger than of victory.

THE TRAINING PROCESS OF A BRAZILIAN BASKETBALL HIGH PERFORMANCE MASCULINE TEAM: AN ANALYSIS OF THE REAL TIME DESTINED TO THE DEVELOPMENT OF THE CONTENTS.

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Introduction: The actions that a coach assumes in function of the management of the time in training sessions appear as a quality pointer assuming direct influence in the performance of the team. **Objectives**: The present study desires to investigate concerning the management of the offered time during the training sessions of a high performance adult masculine basketball team. It is intended to verify the useful time destined to the development of each proposal category. **Methodology**: A study of case with a descriptive format was developed through a reduced and adapted version of direct comment system in court, where categories had been codified using the register of offered useful time for each one of them in diverse sessions of trainings of the planning. **Data**: The average duration of the training sessions was of 7117,77 (DP ± 253.71) seconds. The average duration for category in seconds was: EA: 1406,39, PIO: 1764.05, PC A/D: 2825.86, PNE: 893,34, OU: 486,83. For PID the average time was of 1307. **Conclusions**: Two main aims had been emphasized: the game tactics structure (strategies) and the maximization of the individual offensive techniques. The team analyzed for this study, when it will be acting, will concentrate its forces in offensive potential. However, in games where the percentage of field goal shooting, will be below of the foreseen one, the defeat probability will be real ahead of the difficult found in relation to training the defense techniques. When it will be necessary to use the defensive potential in order to break the qualities of the adversary, the failure possibilities and lose becomes bigger that of victory.

Key Words: Time Management - Coach Basketball.

LE PROCESSUS DE FORMATION D'UNE ÉQUIPE MASCULINE BRÉSILIENNE DE RENDEMENT ÉLEVÉ DE BASKET-BALL: UNE ANALYSE DU TEMPS RÉEL DESTINÉ AU DÉVELOPPEMENT DE LA TABLE DES MATIÈRES.

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Introduction: Les actions qu'un entraîneur assume en fonction de la gestion du temps en sessions de formation apparaissent pendant qu'un indicateur de qualité arrogant dirigent l'influence dans l'exécution de l'équipe. **Objectifs**: La présente étude désire étudier au sujet de la gestion du temps offert pendant les sessions de formation d'une équipe masculine de basket-ball d'adulte de rendement élevé. On le prévoit pour vérifier le temps utile destiné au développement de chaque catégorie de proposition. **Méthodologie**: Une étude de cas avec un format descriptif a été développée par une version devant le tribunal réduite et adaptée de système direct de commentaire, où des catégories avaient été codifiées à l'aide du registre de l'heure utile offerte pour chacun d'eux en sessions diverses des formations de la planification. **Données**: La durée moyenne des sessions de formation avait lieu de 7117.77 (± 253,71 de DP) secondes. La durée moyenne pour la catégorie en secondes était: EA: 1406.39, PIO: 1764,05, PC A/D: 2825,86, PNE: 893.34, OU: 486.83. Pour PID le temps moyen avait lieu de 1307. **Conclusions**: Deux objectifs principaux avaient été soulignés: la structure de la tactique de jeu (stratégies) et la maximisation des différentes techniques blessantes. L'équipe analysée cette étude, quand elle agira, concentrera ses forces dans le potentiel blessant. Cependant, dans les jeux où le pourcentage du but de champ tirant, sera ci-dessous de prévu, la probabilité de défaite sera vraie en avant du difficile trouvé par rapport à former les techniques de la défense. Quand il sera nécessaire d'employer le potentiel défensif afin de casser les qualités de l'adversaire, les possibilités d'échec et perdre devient plus grande que de la victoire.

Mots Clés: Gestion du Temps - Entraîneur - Basket-ball.

EL PROCESO DEL ENTRENAMIENTO DE UN EQUIPO MASCULINO BRASILEÑO DEL BALONCESTO DEL ALTO RENDIMIENTO: UN ANÁLISIS DEL TIEMPO REAL DESTINADO AL DESARROLLO DEL CONTENIDO.

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Introducción: Las acciones que un entreinador asume en la función de la gerencia del tiempo en sesiones del entrenamiento aparecen como que un indicador de la calidad asumido dirige influencia en el funcionamiento del equipo. **Objetivos**: El actual estudio desea investigar referente a la gerencia del tiempo ofrecido durante las sesiones del entrenamiento de un equipo masculino adulto del baloncesto del alto rendimiento. Se piensa para verificar el tiempo útil destinado al desarrollo de cada categoría de la oferta. **Metodología**: Un estudio del caso con un formato descriptivo fue desarrollado con una versión reducida y adaptada del sistema directo del comentario en la corte, donde las categorías habían sido codificadas usando el registro de lo tiempo útil ofrecido para cada categoría en sesiones diversas de los entrenamientos del planeamiento. **Datos**: La duración media de las sesiones del entrenamiento era de 7117.77 (el ± 253,71 del DP) segundos. La duración media para la categoría en segundos era: EA: 1406.39, PIO: 1764,05, PC DE A/D: 2825,86, PNE: 893.34, OU: 486.83. Para PID el tiempo medio era de 1307. **Conclusiones**: Dos punterías principales habían sido acentuadas: la estructura de las tácticas del juego (estrategias) y la maximización de las técnicas ofensivas individuales. El equipo analizado para este estudio, cuando actuará, concentrará sus fuerzas en potencial ofensivo. Sin embargo, en juegos donde estará el porcentaje de la meta del tiro del campo, abajo de prevista, la probabilidad de la derrota será verdadera delante del dificultad encontrado en lo referente a entrenar las técnicas de la defensa. Cuando será necesario utilizar el potencial defensivo para romper las calidades del adversario, las posibilidades de la falta y perder llegan a ser más grandes que de la victoria.

Palabras Claves: Gerencia de Tiempo - Entreinador - Baloncesto.

O PROCESSO DE TREINAMENTO DE UMA EQUIPE DE BASQUETEBOL BRASILEIRA DE ALTO RENDIMENTO: UMA ANÁLISE DO TEMPO REAL DESTINADO AO DESENVOLVIMENTO DOS CONTEÚDOS.

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Introdução: As ações que um treinador assume em função da gestão do tempo nas sessões de treino surgem como um indicador de qualidade assumindo influência direta no desempenho da equipe. **Objetivos**: O presente estudo deseja investigar acerca da gestão do tempo disponibilizado durante as sessões de treinamento de uma equipe de basquetebol masculino adulto de alto. Pretende-se verificar o tempo útil destinado ao desenvolvimento de cada categoria proposta. **Metodologia**: Foi desenvolvido um estudo de caso com um formato descritivo através de uma versão reduzida e adaptada do sistema de observação direta em quadra, em que categorias foram codificadas utilizando o registro do tempo útil disponibilizado para cada uma delas em diversas sessões de treino do planejamento. **Dados**: A duração média das sessões de treinamento foi de 7117,77 (DP ± 253,71) segundos. A duração média por categoria em segundos foi: EA: 1406,39, PIO: 1764,05, PC A/D: 2825,86, PNE: 893,34, OU: 486,83. Para PID o tempo médio foi de 1307. **Conclusões**: Dois focos principais foram enfatizados: a estruturação da tática de jogo (estratégias) e o aperfeiçoamento das técnicas ofensivas individuais. A equipe analisada por este estudo, quando estiver atuando, concentrará suas forças no potencial de ataque. Porém, em jogos em que o percentual de arremessos de dois pontos estiver abaixo do previsto, a probabilidade de derrota será real diante da debilidade encontrada com relação ao treinamento das técnicas de defesa. Quando for necessário utilizar o potencial defensivo a fim de brecar as qualidades do adversário, as possibilidades de insucesso e derrota tornam-se maiores que as de vitória.

Palavras Chaves: Gestão do Tempo Treinador Basquetebol.

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