# The influence of physical training level upon the technical capacities of junior female basketball players

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*Background.* Modern basketball has become a game in which the high level of mastership in the execution of technicaltactical actions is no longer enough to provide success. The present-day playing requires a multilateral and specific physical training at a high level, adjusted to age particularities, to the players' training level and to the development tendencies of the game on the world level.

*Aims.* The purpose of this research was to emphasize the effects of using short intervals in physical training programmes within the development of young female players' technical capacities.

*Methods.* The experimental group was made up of 12 female athletes from „CSS-M.Eminescu College" from Oradea, who had benefited from a formative program of special physical training, different from that of the control group. The control group comprised 12 female athletes from LPS-CSS Satu Mare, who had followed a normal physical training program based on traditional methods. In order to accomplish our research, the principal methods used were: the method of observation doubled by recording method, experimental method, the analogy and modelling method, as well as the statistical-mathematical method. To secure an exact interpretation of the results, we used the Student test and Pearson and Spearman correlation rates, with a significance threshold for the tests in use of 0.05. The statistical calculations were carried out by way of 10.0 SPSS and Microsoft Excel applications. We used the scoreboard of the Romanian Basketball Association.

*Results.* In the performance evaluation tests, the t-value achieved by us in the free throw test (t=0,558) being smaller than the value in Fisher's table, with the marginal 0.05 for f=n-1 (2.201 resulted in an insignificant difference, thus the results in this test cannot be equated with the physical training undergone by the players. By contrast, the t-value in the specific position performance test (t=3.906) being larger than the value in Fisher's table, with the marginal p=0.01 (3.106), resulted in the difference being considerable, thus the null hypothesis theory has to be rejected. The chances that the relationship between these performances could be casual are smaller than 1 %.

*Conclusion.* The correlation of the results obtained in the performance tests with the evolution of the parameters of the playing style, the players' conduct during the game (which is, in fact, the purpose of the training), validates the accuracy of the methodology used in training female players.

**Keywords:** training, playing pattern, short intervals, female basketball players.