

# Technological tools



# Activity

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Créer l'alerte

Prevention of lower extremity injuries in **basketball**: a systematic review and meta-analysis [PDF] sagepub.com CR  
JB Taylor, KR Ford, AD Nguyen, LN Terry... - Sports ..., 2015 - journals.sagepub.com  
... in **basketball** players were included (Table 3 in Appendix). Results of the meta-analysis ...  
, 0.36-3.29; P = 0.87) in **basketball** athletes (Figure 4). I 2 was calculated to be 16.0% for this ...  
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Time-motion analysis and physiological data of elite under-19-year-old **basketball** players during competition [HTML] nih.gov  
NB Abdelkrim, S El Fazaa, J El Ati - British journal of sports medicine, 2007 - bjsm.bmj.com  
... the physiological requirements of modern **basketball** is essential to ... analysis of the movement  
patterns also seems to be a reliable method to describe the physical demands of **basketball**...  
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Body fat of **basketball** players: a systematic review and meta-analysis CR [PDF] springer.com  
P Sansone, B Makivic, R Csapo, P Hume... - Sports Medicine ..., 2022 - Springer  
... Despite the limitations of published data, this meta-analysis provides reference values for  
BF of **basketball** players. Sex, measurement method and competitive level influence BF values...  
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[LIVRE] **Basketball** on paper: rules and tools for performance analysis  
D Oliver - 2011 - books.google.com  
... magic number, the Holy Grail of **Basketball** Statistics. Such a magical ranking number really  
defeats the purpose of why we talk about **basketball**. The information we get by talking about ...  
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Créer l'alerte

Change of direction **speed** tests in **basketball** players: a brief review of test varieties and recent trends

[PDF] frontiersin.org

T Sugiyama, S Maeo, T Kurihara... - Frontiers in Sports and ..., 2021 - frontiersin.org

... **speed** (CODS) is essential for **basketball** performance, extensively assessed by various tests. This review aimed to summarize the CODS test varieties for **basketball** ... in **basketball** ...

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Strength, **speed** and endurance changes during the course of a division I **basketball** season

JR Hoffman, AC Fry, R Howard... - The Journal of ..., 1991 - journals.lww.com

... of college **basketball** season. Nine members of an NCAA Division I men's **basketball** team ... There was no RTP during the **basketball** season. Field tests common to athletic conditioning ...

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Plyometric training effects on explosive power, sprint and direction change **speed** in **basketball**: A review

[PDF] dergipark.org.tr

N Aksović, B Bjelica, F Milanović... - Turkish Journal of ..., 2021 - dergipark.org.tr

... **basketball**, ie this review aimed to determine the influence of plyometric training on the explosive power, sprint, and the change of direction **speed** of **basketball** ... in **basketball**. However, ...

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Strength, power, **speed**, and agility of women **basketball** players according to playing position

[PDF] lww.com

A Delextrat, D Cohen - The Journal of Strength & Conditioning ..., 2009 - journals.lww.com

... , **speed**, and agility performances of women **basketball** players. ... , a suicide run, and a **basketball** chest pass. Statistical differences ... In contrast, **speed** over short distances and strength ...

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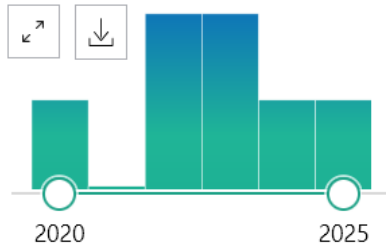
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1

[The effects of plyometric jump training on physical fitness attributes in basketball players: A meta-analysis.](#)

Cite

Ramirez-Campillo R, García-Hermoso A, Moran J, Chaabene H, Negra Y, Scanlan AT.

J Sport Health Sci. 2022 Nov;11(6):656-670. doi: 10.1016/j.jshs.2020.12.005. Epub 2020 Dec 24.

PMID: 33359798 [Free PMC article.](#) [Review.](#)

Peer-reviewed controlled trials with baseline and follow-up measurements investigating the effects of PJT on physical fitness attributes (muscle power, i.e., jumping performance, linear sprint **speed**, change-of-direction **speed**, balance, and muscle strength) in **bas** ...



2

[Vertical Versus Horizontal Training for Improving the Change of Direction Speed in Adult Basketball Players: A Systematic Review and Meta-analysis.](#)

Cite

Barrera-Domínguez FJ, Martínez-García D, Jerez-Mayorga D, Chiroso-Ríos LJ, Almagro BJ, Molina-López J.

J Strength Cond Res. 2024 Apr 1;38(4):791-803. doi: 10.1519/JSC.0000000000004674. Epub 2023 Dec 13.

PMID: 38091370

Vertical versus horizontal training for improving the change of direction **speed** in adult **basketball** players: a systematic review and meta-analysis. J Strength Cond Res 38(4): 791-803, 2024-The ability to

UE 361.3.A TICE/Anglais : maîtrise des outils d'évaluation et de suivi de la performance

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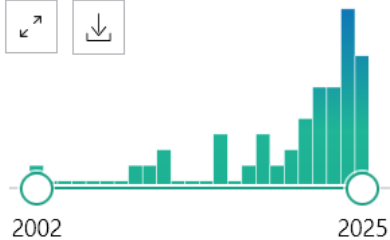
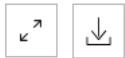
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**The effects of plyometric jump training on physical fitness attributes in basketball players: A meta-analysis.**

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Ramirez-Campillo R, García-Hermoso A, Moran J, Chaabene H, Negra Y, Scanlan AT.

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PMID: 33359798 [Free PMC article.](#) [Review.](#)

Peer-reviewed controlled trials with baseline and follow-up measurements investigating the effects of PJT on physical fitness attributes (muscle power, i.e., jumping performance, linear sprint **speed**, change-of-direction **speed**, balance, and muscle strength) in **bas** ...



**Carbohydrate Nutrition and Team Sport Performance.**

2

Cite

Sports Med. 2015 Nov;45 Suppl 1(Suppl 1):S13-22. doi: 10.1007/s40279-015-0399-3.

PMID: 26553494 [Free PMC article.](#) [Review.](#)

The impact of dietary carbohydrate interventions on team sport performance have been typically assessed using intermittent variable-**speed** shuttle running over a distance of 20 m. This method has evolved to include specific work to rest ratios and skills specific to team sp ...

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# Tests

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speed tests

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Créer l'alerte

Information processing **speed tests** as performance validity **tests**.  
[LA Erdodi, JD Lichtenstein - 2021 - psycnet.apa.org](#)  
... **speed tests** perform their second role quite effectively. This chapter reviews existing research on commonly used **tests** ... cutoffs, processing **speed**-based **tests** double as EVIs that help ...  
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Validity and reliability of **speed tests** used in soccer: A systematic review   
[S Altmann, S Ringhof, R Neumann, A Woll, MC Rumpf - PloS one, 2019 - journals.plos.org](#) [PDF] plos.org   
... and reliability of **tests** addressing **speed** skills is available. ... literature on **speed tests** used in soccer with a focus on the **tests'** ... **test(s)** to choose depending on the specific aspects of **speed** ...  
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Neuropsychological **speed tests** and blood phenylalanine levels in patients with phenylketonuria: a meta-analysis   
[J Albrecht, SF Garbade, P Burgard - Neuroscience & Biobehavioral ..., 2009 - Elsevier](#) [PDF] researchgate.net  
... level, and type of neuropsychological **test** on effect sizes (standardized differences between controls and patients) of computer-based **speed** measurements in phenylketonuric patients. ...  
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Reliability, factorial validity, and interrelationships of five commonly used change of direction **speed tests**   
[PF Stewart, AN Turner, SC Miller - Scandinavian journal of ..., 2014 - Wiley Online Library](#) [PDF] wiley.com   
... All selected **tests** were positively and strongly correlated ( $r = 0.84-0.89$ ). Based upon the ... that all **tests** are highly reliable and valid measures of CODS , with all **tests** assessing a general ...  
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Créer l'alerte

Can gait **speed test** be used as a falls risk screening **tool** in community dwelling older adults? A review [PDF] paom.pl  
ZA Samah, [NAM Nordin](#), [S Shahar](#), [DKA Singh](#) - Polish Annals of Medicine, 2016 - Elsevier  
... **speed test** can be used as a falls risk screening **tool** among community dwelling older adults.  
All the studies reviewed reported that gait **speed** ... off scores for gait **speed** that indicates falls ...  
☆ Enregistrer Citer Cité 25 fois Autres articles Les 6 versions

Virtual **speed test**: an ap **tool** for passive analysis of wireless lans [PDF] sciencedirect.com  
[P Nayak](#), [EW Knightly](#) - Computer Communications, 2022 - Elsevier  
... Analogous to online **speed tests**, our goal is to realize a virtual **speed test** and enable an AP to estimate the TCP download and upload throughput that a STA can achieve from a nearby ...  
☆ Enregistrer Citer Cité 57 fois Autres articles Les 9 versions

Processing **speed test**: Validation of a self-administered, iPad®-based **tool** for screening cognitive dysfunction in a clinic setting  
[SM Rao](#), [G Losinski](#), [L Mourany](#)... - Multiple Sclerosis ..., 2017 - journals.sagepub.com  
... **Speed Test** (PST), a self-administered iPad® -based **tool** to measure MS-related deficits in processing **speed**... **Test** (SDMT), 10 a measure of processing **speed**, as a screening ...  
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High-**speed test** of thermal effects for a machine-**tool** structure based on modal analysis **CR**  
[M Matsuo](#), [T Yasui](#), [T Inamura](#), [M Matsumura](#) - Precision Engineering, 1986 - Elsevier  
... A new **test** method has been developed to evaluate the temperature rise of machine-**tool** ...  
In this method, which uses short period data obtained during a warm-up run, the machine-**tool** ...  
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# Training plan (2<sup>nd</sup> presentation)

## Strength and Conditioning

Months	June '22		
Weeks of Month	1	2	3
Training Week (Microcycle)	1	2	3
Yearly Schedule	Testing (06/01/22)	Early Off-Season (06/02/22-07/01/22)	
Date(Start of week)	6/1/22	6/2/22	
Macrocycle Phases	General Preparation		
Season Phases	Early Off-Season		
Strength Training Mesocycles	GPP		
Sessions Per Week	3		3
Sets x Reps	2x6	2x8	2x8
Intensity Rating	L	ML	M
Exercises	GS, KB DL, DB Lunge, DB Press	Row, Sled P	Shoulder, B Lateral
Conditioning Mesocycles	Work Capacity		
Sessions Per Week	2		
W:R	1:2		
Drills	50m repeat, 100m repeat		

Weight Intensities (% max effort)	
VH	95-100%
H	90-95%
MH	85-90%
M	80-85%
ML	75-80%
L	70-75%
VL	65-70%
AR	<60%

Abbreviation
GS
KB DL
DB Lunge
DB Bench
DB
GHD
HLR
SSB

# Subjective measurements

- POMS
- RPE
- Foster
- Hooper
- Wellness

## Practical Applications

Practitioners involved with team sports athletes are warranted to implement athletes' precompetitive AROMs based on their association with match-related statistics, which discriminate successful and unsuccessful match performances in many team sports, including Australian football (10), basketball (27), cricket (1), and rugby (14). For instance, coaches might consider last-minute changes of game tactical plans to increase or decrease athletes' exposure to a given tactical situation based on the previous AROMs. Differently, match physical performances (e.g., high-speed distance and PlayerLoad per minute) and perceived internal loads (e.g., RPE and sRPE) cannot be related with precompetitive AROM information. However, it is important to state that, as most of the selected studies used nonvalidated AROMs tools to monitor players, practitioners should be very careful when interpreting the collected information and when taking AROM-based training decisions (17,33).

SANSONE, Pierpaolo, RAGO, Vincenzo, KELLMANN, Michael, *et al.* Relationship between athlete-reported outcome measures and subsequent match performance in team sports: a systematic review. *The Journal of Strength & Conditioning Research*, 2023, vol. 37, no 11, p. 2302-2313.

COYNE, Joseph OC, GREGORY HAFF, G., COUTTS, Aaron J., *et al.* The current state of subjective training load monitoring—a practical perspective and call to action. *Sports medicine-open*, 2018, vol. 4, p. 1-10.