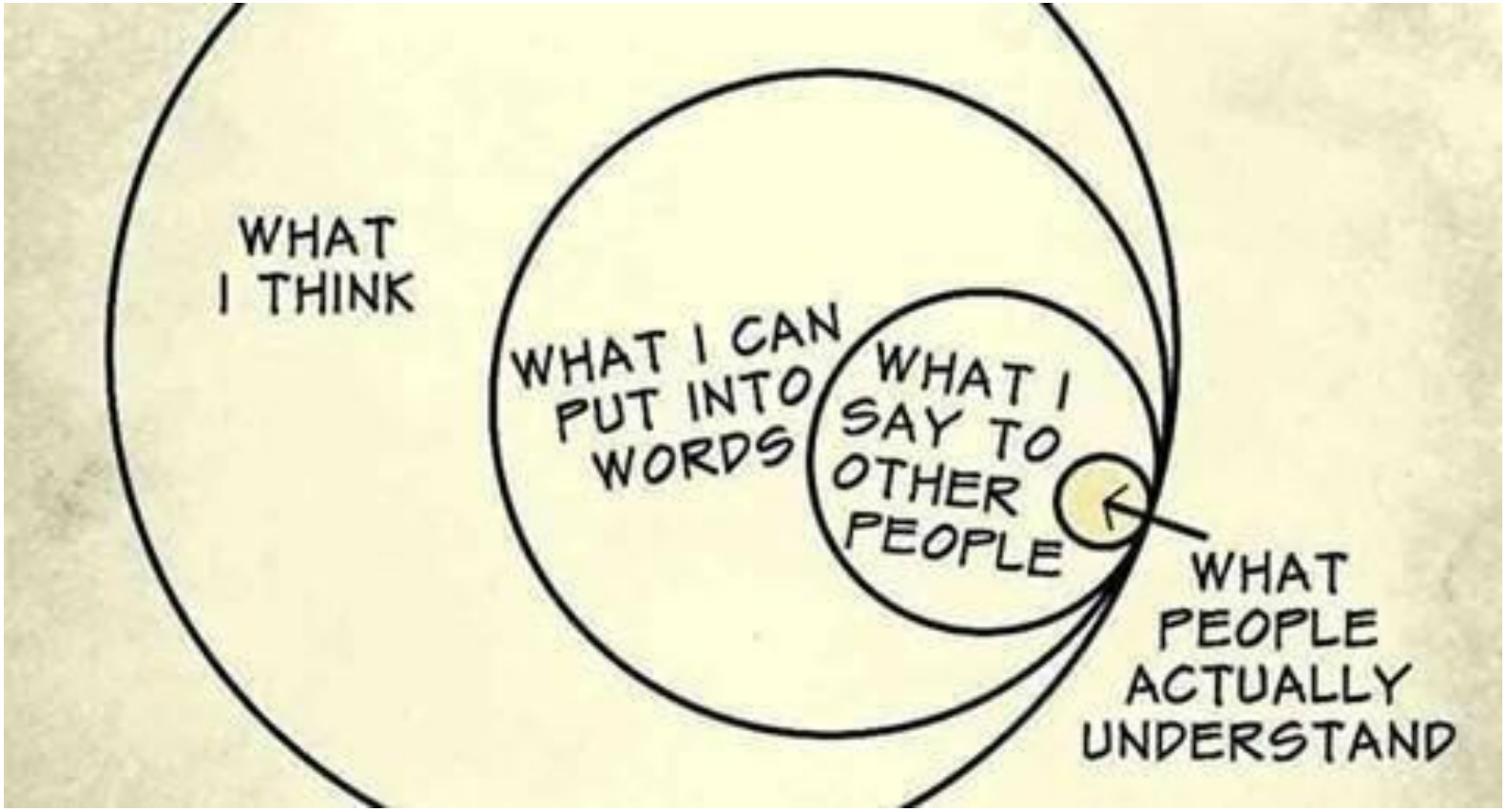
Préambule

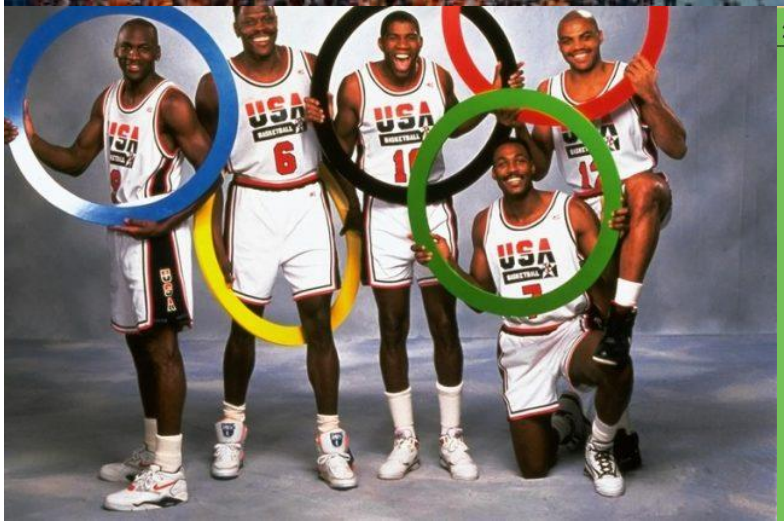


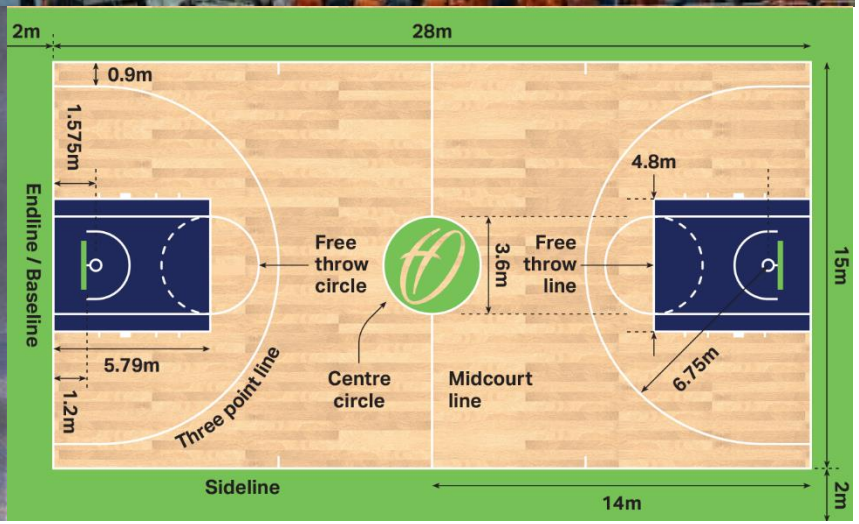
UE 361.3.A

Can we go faster to the basket by integrating hip trust into our training program?

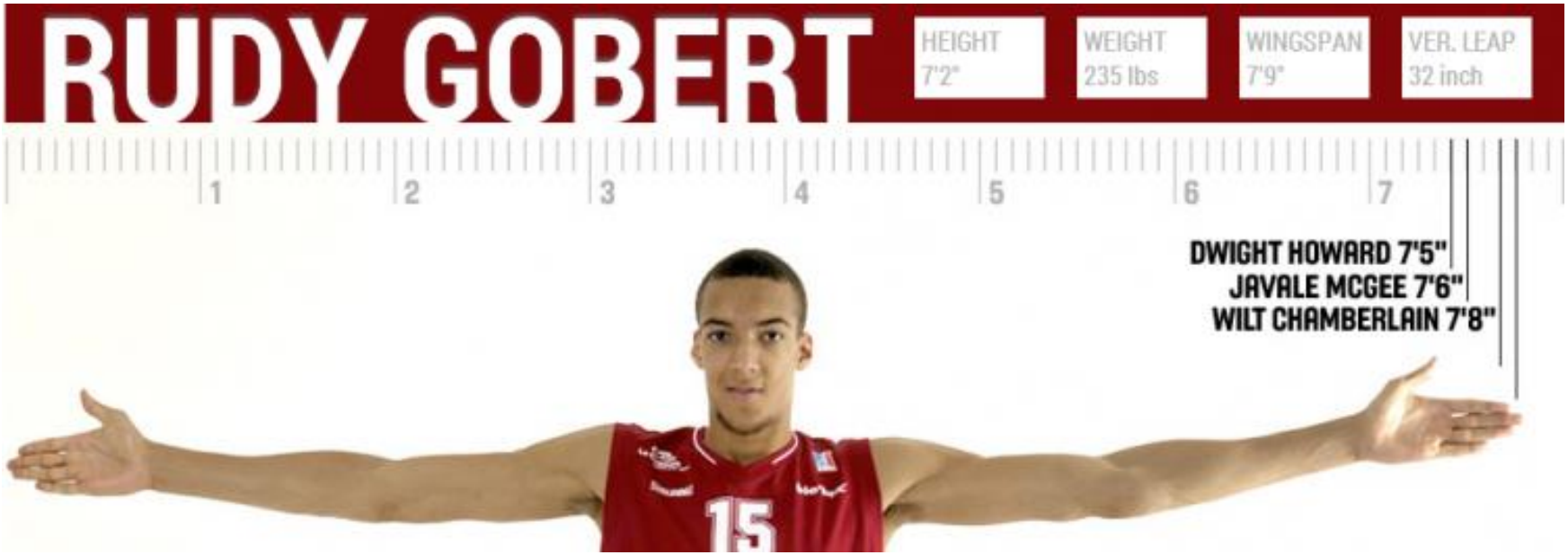
Besson P, Brioche T, Perrey S, & Sorgato D

Basketball


USA
USA
USA
USA


2m
28m
0.9m
1.575m
Endline / Baseline
4.8m
Free throw circle
3.6m
Free throw line
15m
5.79m
1.2m
Three point line
Centre circle
Midcourt line
6.75m
Sideline
14m
2m

Anthropometric evolution



Wingspam changes from 1997-2016	
PG	+ 2,3 cm
SG	+ 2,3 cm
SF	+ 2,6 cm
PF	+ 2,0 cm
C	- 0,7 cm

2017 Bach, C. W., & Ransone, J. W. Anthropometric Evolution Of Professional Basketball Positions: A 20-year Retrospective View Of NBA Players. *Medicine & Science in Sports & Exercise*.

Anthropometric evolution

More density → Less time → Need to go faster

2015 Kinrade, N. P., Jackson, R. C., & Ashford, K. J. Reinvestment, task complexity and decision making under pressure in basketball. *Psychology of Sport and Exercise*.

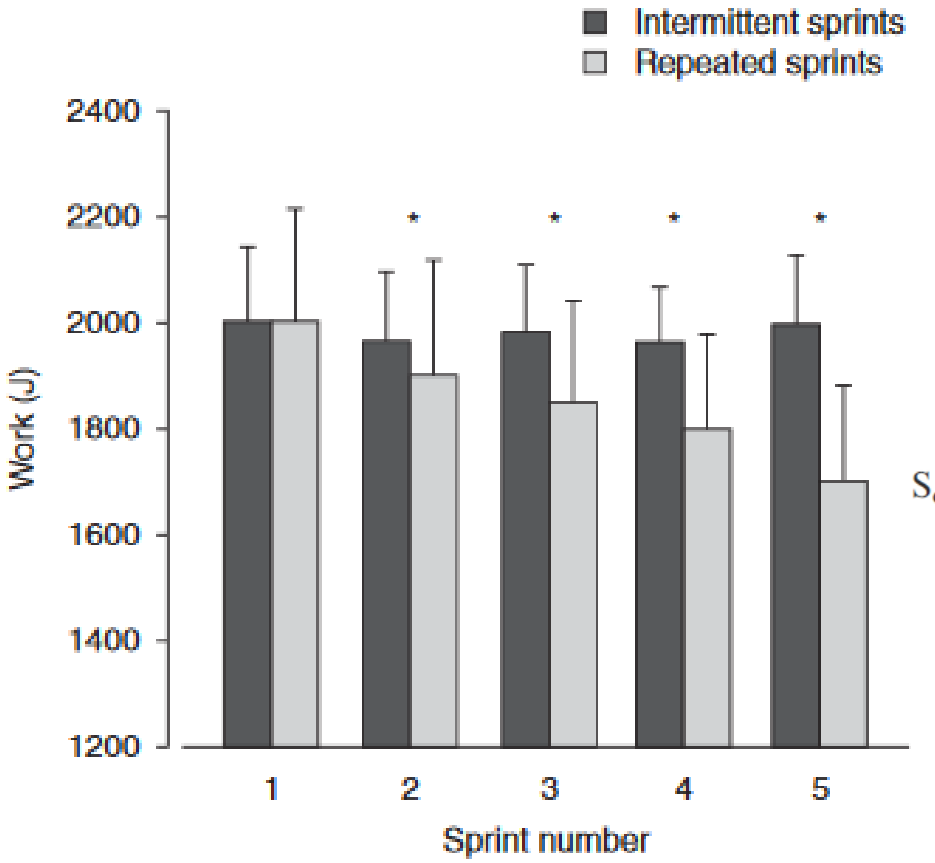
Fatigue and high intensity activity

	Standing	Walking	Jogging	Low speed	Moderate Speed	High speed	Max Speed
	(0 to ≤0.7 km/h)	(0.7 to ≤6 km/h)	(6 to ≤12 km/h)	(12 to ≤15 km/h)	(15 to ≤18 km/h)	(18 to ≤21 km/h)	(>21 km/h)
Total distance (%)							
Q1	1.0±0.5	36.9±5.4§	35.1±4.4	13.4±3.3 #	8.5±2.9	3.6±2.0	1.5±1.6 ‡
Q2	1.6±1.0 φ	38.0±5.5 §	35.6±5.7 #	12.8±3.2	7.4±3.0 †	3.2±2.0 ‡	1.4±1.6 ‡
Q3	1.2±0.6 §	40.0±5.9 #	35.3±4.0	12.5±3.1	7.1±2.6 †	2.9±1.8 †	1.1±1.3
Q4	1.9±1.4	42.0±7.6	33.9±5.5	12.3±3.5	6.7±2.9 †	2.3±1.9 φ	0.8±0.9

Percentage of total distance and total time spent in each speed range in each quarter over 15 games.

2023 Gervasi, M., Mennelli, G., & Fernández Peña, E. A video-based time-motion analysis of an elite male basketball team during a season: Game demands […]. *International Journal of Performance Analysis in Sport*.

Repeated Sprint Ability



$$S_{dec}(\%) = \left\{ \frac{(S_1 + S_2 + S_3 + \ \ldots \ + S_{final})}{S_{best} \ \times \ \text{number of sprints}} - 1 \right\} \times 100$$

Graph showing the effects of rest duration on maximal 4 sec, cycle sprint performance. Intermittent sprints were performed every 2 min, whereas repeated sprints were executed every 30 sec.
* Significantly different from sprint 1 in the repeated-sprint condition.

Girard, O., Mendez-Villanueva, A., & Bishop, D. (2011). Repeated-sprint ability—part I: factors contributing to fatigue. *Sports medicine*, *41*, 673-694.

Sprint acceleration and fatigue

Parameters	First sprints or Pre-RS values	Last sprints or Post-RS values	*p*-values	Percentage of changes	Effect size (upper-lower 95% CI)	
Muscle Activity (% of MVIC)						
First half of stance RF	70.4 (35.4)	55.7 (26.9)	0.001	−20.2 (16.0)	0.41 (0.20–0.63)	Small
Entire swing BF	64.3 (20.7)	58.8 (21.1)	0.034	−8.1 (13.5)	0.26 (0.02–0.50)	Small
Entire swing glut	**64.7 (18.5)**	**49.8 (8.7)**	**0.006**	**−19.9 (16.4)**	**0.81 (0.28–1.33)**	**Moderate**
Entire swing VL	**78.9 (34.3)**	**47.2 (15.6)**	**0.006**	**−33.6 (21.9)**	**0.92 (0.31–1.52)**	**Moderate**
Entire swing RF	69.5 (21.7)	60.1 (19.0)	0.004	−12.4 (13.5)	0.44 (0.17–0.70)	Small
End of swing BF	95.0 (35.8)	89.1 (35.5)	0.085	−5.6 (11.8)	0.16 (−0.03 – 0.36)	Negligible
End of swing glut	**99.2 (32.9)**	**79.6 (13.0)**	**0.024**	**−15.5 (16.3)**	**0.60 (0.09–1.10)**	**Moderate**
End of swing VL	**124.1 (56.1)**	**74.6 (23.8)**	**0.01**	**−32.3 (23.8)**	**0.88 (0.25–1.51)**	**Moderate**
End of swing RF	76.7 (29.1)	64.1 (21.7)	0.007	−14.0 (15.2)	0.43 (0.14–0.73)	Small

Values are presented with mean (standard deviation). Significant differences ($p < 0.05$) with moderate or more effects were highlight in bold.P_{max}, maximal power output; F_H, horizontal ground force; F_V, vertical ground force; F_{Tot}, total ground force; V_{max}, maximal velocity; KFlex, knee flexors; KExt, knee extensors; HFlex, hip flexors; HExt, hip extensors; ecc, eccentric mode of contraction; con, concentric mode of contraction; BF, biceps femoris; Glu, gluteus maximus; VL, vastus lateralis; RF, rectus femoris; MVIC, maximal voluntary isometric contraction.

« The horizontal force production seems to be more dependent on the function of the hip extensors and gluteus maximus. »

2018 Edouard, P., Mendiguchia, J., [...] & Morin, J. B. Sprint acceleration mechanics in fatigue conditions: compensatory role of gluteal muscles in horizontal […] protection of hamstring muscles. *Frontiers in physiology*.

Gluteus maximus with Hip thrust

Table 1 Mean (± SD) and peak EMG amplitudes (% MVIC) of the upper gluteus maximus, lower gluteus maximus, biceps femoris, and vastus lateralis during the barbell hip thrust and back squat

	Upper Gluteus Maximus	Lower Gluteus Maximus	Biceps Femoris	Vastus Lateralis
Mean				
Back squat	29.35 ± 16.45	45.29 ± 23.54	14.92 ± 6.64	110.35 ± 47.24
Barbell hip thrust	69.46 ± 32.64*	86.75 ± 26.99*	40.78 ± 22.13*	99.47 ± 92.28
Peak				
Back squat	84.85 ± 42.91	129.60 ± 60.45	37.50 ± 18.39	243.92 ± 121.63
Barbell hip thrust	171.75 ± 90.99*	215.85 ± 83.76*	86.87 ± 38.81*	215.83 ± 193.89
Isometric mean				
Back squat	10.11 ± 7.96	20.85 ± 19.95	7.38 ± 4.28	133.72 ± 107.59
Barbell hip thrust	87.08 ± 79.43*	115.72 ± 47.40*	42.5 ± 29.61*	110.66 ± 78.27
Isometric peak				
Back squat	17.87 ± 16.96	34.30 ± 32.77	13.73 ± 9.99	201.28 ± 162.69
Barbell hip thrust	128.22 ± 112.92*	180.45 ± 78.16*	67.67 ± 45.77*	175.82 ± 124.34

2015 Contreras, B., […] & Cronin, J. A comparison of gluteus maximus, biceps femoris, and vastus lateralis electromyographic activity in the back squat and barbell hip thrust exercises. *Journal of applied biomechanics*.

Type of hip thrust

TABLE 1. Differences in EMG activity of each muscle by exercise.*

Muscle	Variation	Mean (%)	*SD* (%)	95% confidence interval	Significant differences ($p < 0.05$)
GMax	OHT	55.22	20.83	35.96–74.48	RHT
	PHT	65.87	23.28	44.34–87.40	–
	RHT	86.18	34.30	54.46–117.90	OHT
	FHT	51.38	17.93	34.79–67.96	–

*EMG = electromyographic activity; OHT = original hip thrust; PHT = pull hip thrust; RHT = rotation hip thrust; FHT = feet-away hip thrust; RF = rectus femoris; VM = vastus medialis; VL = vastus lateralis; GMax = gluteus maximus; GMed = gluteus medius; BF = biceps femoris; ST = semitendinosus.

⇨ Rotational Hip Thrust

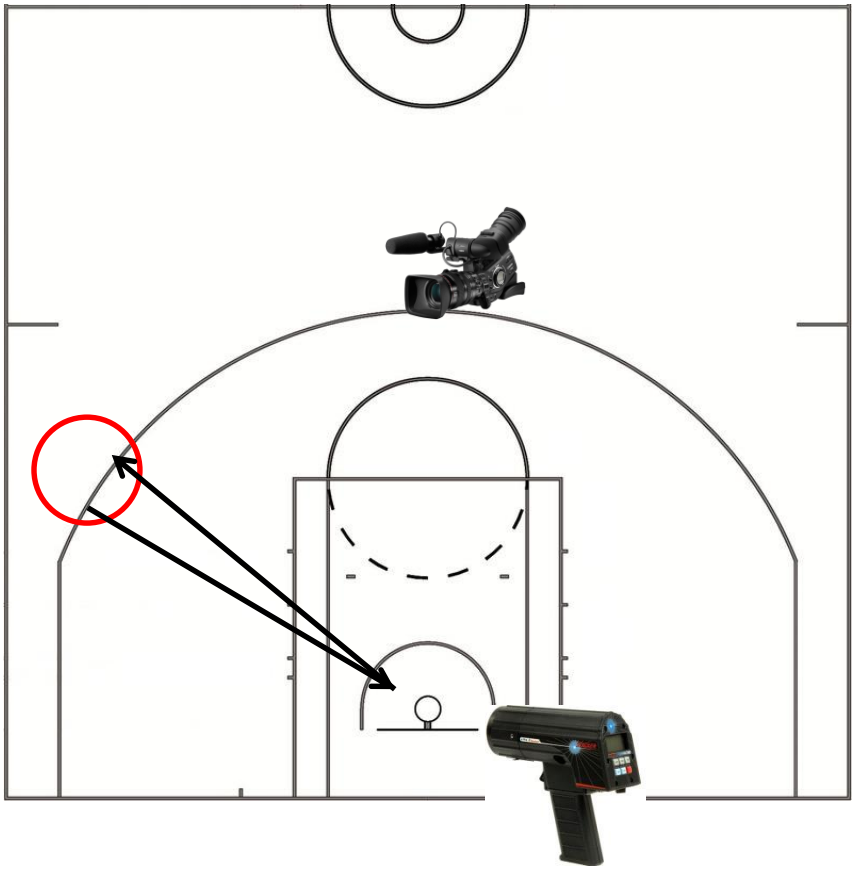
2020 García, C. L. C., Rueda, J., Luginick, B. S., & Navarro, E. Differences in the electromyographic activity of lower-body muscles in hip thrust variations. *The Journal of Strength & Conditioning Research*.

Goal

- Does hip trust reinforcement work improve speed to the basket under fatigue?

- The rotational hip trust work improves both the best time and decreases the loss of the decrement score.

Tests



4 min run at 50% MSS.

Buchheit *IJSPP* 2017

606 modified (Right and left).

Sayers *JSCR* 2014

6 sprints.

Fessi *Biol sport* 2016

30 seconds between each sprint.

Kyles *JSCR* 2023

Analysis

Acceleration.

Sprint best time.

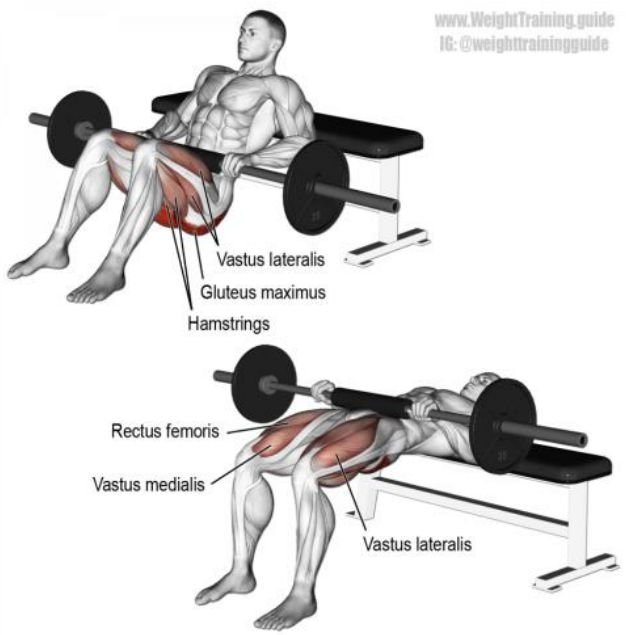
$$S_{dec}(\%) = \left\{ \frac{(S_1 + S_2 + S_3 + \ldots + S_{final})}{S_{best} \times \text{number of sprints}} - 1 \right\} \times 100$$

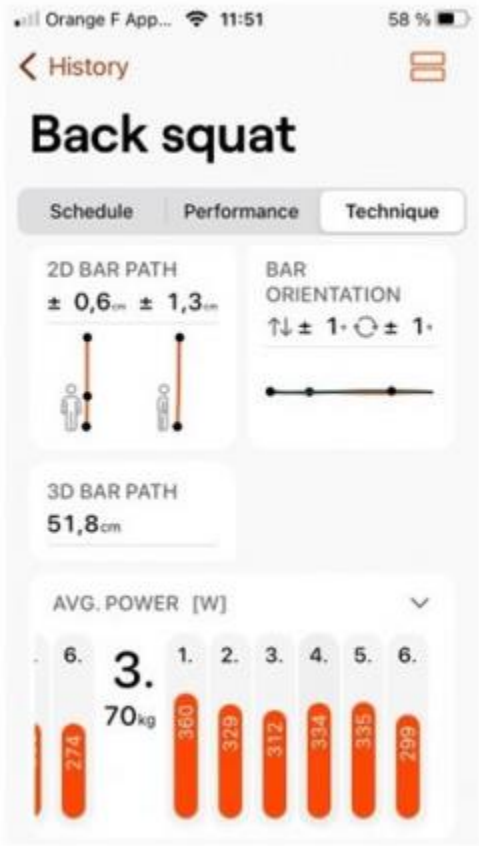
Glaister *JSCR* 2008

Daily training

Sleep	Stress
1 – Very, very good	1 – Very, very low
2 – Very good	2 – Very low
3 – Good	3 – Low
4 – Average	4 – Average
5 – Bad	5 – High
6 – Very bad	6 – Very high
7 – Very, very bad	7 – Very, very high

Fatigue	Muscle soreness
1 – Very, very low	1 – Very, very low
2 – Very low	2 – Very low
3 – Low	3 – Low
4 – Average	4 – Average
5 – High	5 – High
6 – Very high	6 – Very high
7 – Very, very high	7 – Very, very high





Training program

❖ Warm up

TABLE 2. Sets, repetition schemes, and loads used for the front squat and hip thrust.*

Week	Sets	Repetitions
1	4	12
2	4	10
3	4	10
4	4	8
5	4	8
6	4	6

*RM = repetition maximum.

2017 Contreras, B., […] & Cronin, J. B. Effects of a six-week hip thrust vs. front squat resistance training program on performance in adolescent males: a randomized controlled trial. *Journal of strength and conditioning research*.

Table 1

Relationships between different loads (%1RM) in barbell hip thrust exercise and the mean propulsive velocity (MPV) and mean velocity (MV) predicted with the regression model created.*

Load (%1RM)	MPV ($m \cdot s^{-1}$)	MV ($m \cdot s^{-1}$)
10	1.32 (1.15–1.50)	1.19 (1.05–1.34)
15	1.26 (1.09–1.44)	1.14 (1.00–1.29)
20	1.20 (1.03–1.38)	1.09 (0.95–1.23)
25	1.14 (0.97–1.32)	1.04 (0.90–1.18)
30	1.08 (0.91–1.26)	0.99 (0.84–1.13)
35	1.02 (0.85–1.20)	0.94 (0.79–1.08)
40	0.96 (0.79–1.14)	0.89 (0.74–1.03)
45	0.90 (0.73–1.08)	0.84 (0.69–0.98)
50	0.84 (0.67–1.02)	0.79 (0.64–0.93)
55	0.78 (0.61–0.96)	0.74 (0.59–0.88)
60	0.72 (0.55–0.90)	0.68 (0.54–0.83)
65	0.66 (0.49–0.84)	0.63 (0.49–0.78)
70	0.60 (0.43–0.78)	0.58 (0.44–0.73)
75	0.54 (0.37–0.72)	0.53 (0.39–0.68)
80	0.48 (0.31–0.66)	0.48 (0.34–0.63)
85	0.42 (0.25–0.60)	0.43 (0.29–0.57)
90	0.36 (0.19–0.54)	0.38 (0.24–0.52)
95	0.30 (0.13–0.48)	0.33 (0.19–0.47)
100	0.24 (0.07–0.42)	0.28 (0.13–0.42)

*%1RM = percentage of 1 repetition maximum.

2021 de Hoyo, M., Núñez, F. J., Sañudo, B., Gonzalo-Skok, O., Muñoz-López, A., […] & Nimphius, S. Predicting loading intensity measuring velocity in barbell hip thrust exercise. *The Journal of Strength & Conditioning Research*.

Results

- To become

Discussion

	RÉSULTATS	DISCUSSIONS
HYPOTHÈSE 1 **LES PPB2 REVELERONT UNE AMÉLIORATION PLUS IMPORTANTE**		**L'inverse c'est produit: Les PPB1 ont montrés de meilleur résultats**
HYPOTHÈSE 2 **LE LANCER STATIQUE SERA PLUS IMPACTÉ QUE LE LANCER AVEC ÉLAN**		**Vérifié: Améliorations significatives au lancer franc. Meilleur transfert que sur lancer avec élan.**

Conclusion
or Take home messages

- ✓ Point 1
- ✓ Point 2
- ✓ Point 3

Annex

- MARSHALL, Brendan M., FRANKLYN-MILLER, Andrew D., KING, Enda A., *et al.* Biomechanical factors associated with time to complete a change of direction cutting maneuver. *The Journal of Strength & Conditioning Research*, 2014, vol. 28, no 10, p. 2845-2851.

- …

Biomechanical Factors Associated With Time to Complete a Change of Direction Cutting Maneuver

Brendan M. Marshall,[1,2,3] Andrew D. Franklyn-Miller,[1,4] Enda A. King,[1] Kieran A. Moran,[2,3] Siobhán C. Strike,[5] and Éanna C. Falvey[1,4]

gastrocnemius muscles (ankle plantar flexors) are overloaded more, and ground contact times are shorter, in hurdle jumps than in drop jumps.

Pelvic control exercises should be prescribed in an effort to enhance frontal plane pelvic control during eccentric loading. Frontal plane control of the pelvis in single-limb stance is determined, at least in part, by the neuromuscular ability of the gluteal muscles, and in particular gluteus medius (23). Common exercises to train the gluteals include bridging and resisted side steps (29), as well as more sport-specific exercises such as single-leg squats and single-leg landings (21).

To encourage athletes to rotate their trunk in the desired direction of travel while cutting, augmented technique feedback (e.g., video playback combined with coaching advice) may be particularly useful. Myer et al. (22) found that augmented feedback on deficits identified in a drop jump assessment resulted in a significant improvement in jumping technique.

Results

Table 1 Mean (±SD) descriptive data and graded maximal test results of the subjects (N = 13)

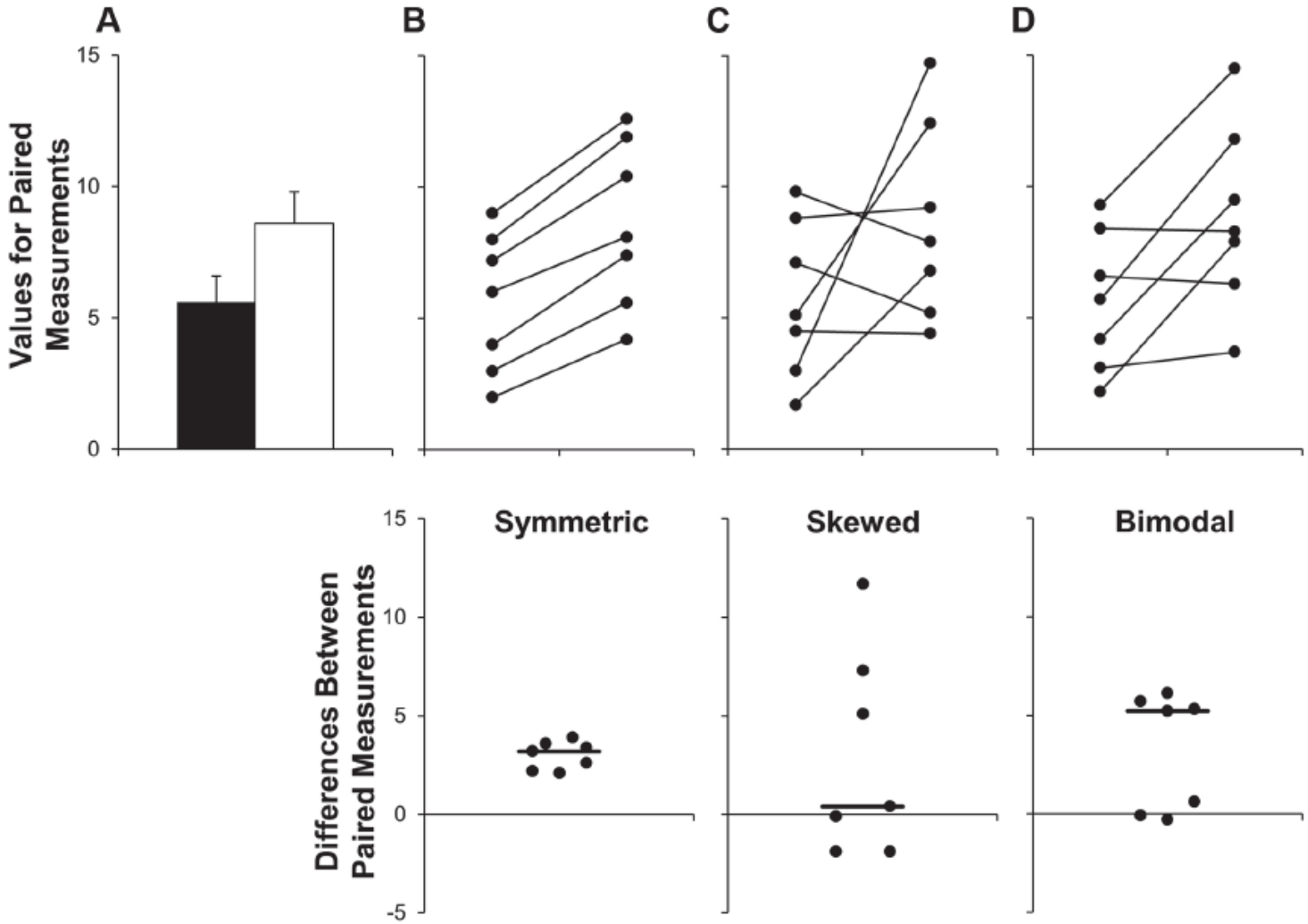
Age (years)	35 ± 5
Height (cm)	179 ± 6
Body mass (kg)	76.6 ± 5.6
BMI (kg m^{-2})	23.9 ± 1.6
VO_{2max} (l min^{-1})	4.1 ± 0.4
VO_{2max} (ml kg^{-1} min^{-1})	54.1 ± 3.6
AerT (% of VO_{2max})	57.9 ± 6.2
AnT (% of VO_{2max})	80.6 ± 4.7
HR_{max} (bpm)	183 ± 9
vVO_{2max} (km h^{-1})	15.9 ± 0.8
BLa_{max} (mmol l^{-1})	11.8 ± 2.5

BMI body mass index, VO_{2max} maximal oxygen uptake, *AerT* aerobic threshold according to Aunola and Rusko (1984), *AnT* anaerobic threshold according to Aunola and Rusko (1984), vVO_{2max} maximal speed at the graded maximal treadmill test, HR_{max} maximal heart rate, BLa_{max} maximal blood lactate level at the graded maximal treadmill test

Results

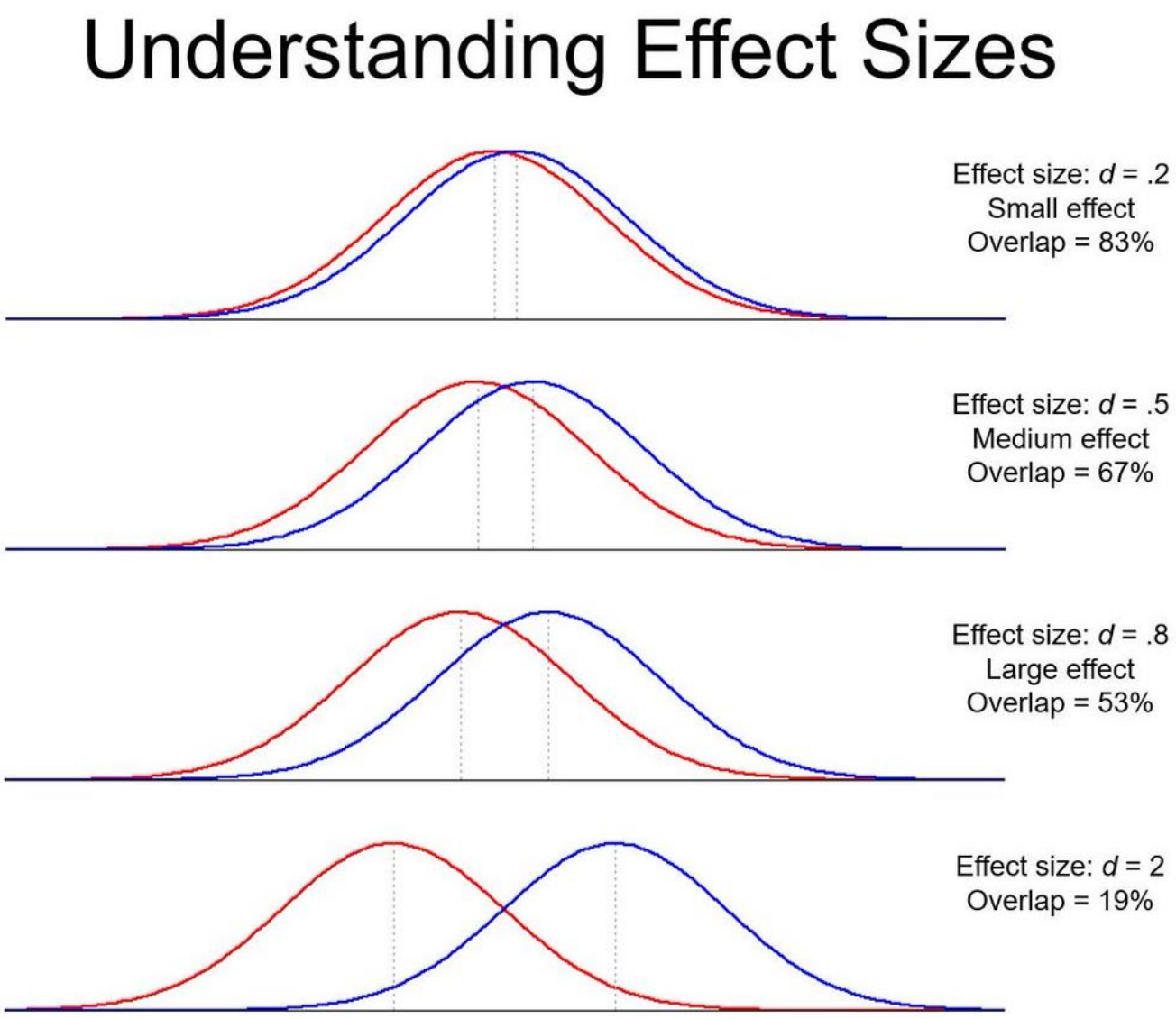
Figure 3. Description of hip angle as measured from the horizontal.

Results



2015 Weissgerber, T. L., Milic, N. M., Winham, S. J., & Garovic, V. D. Beyond bar and line graphs: time for a new data presentation paradigm. *PLoS biology*.

Results



https://rpsychologist.com/cohend/

Procédure « scientifique »

1/ Faire un tableau de vos données en indiquant pour chaque colonne la variable prise en compte.

Exemple :

	Hauteur CMJ Pre	Hauteur CMJ Post
1	20.03	28.15
2	21.29	28.15
3	42.93	44.31
4	20.03	24.37
5	30.15	34.9

Procédure « scientifique »

2/ Utiliser JASP pour savoir si l'hypothèse est vérifiée (H1).

Exemple :

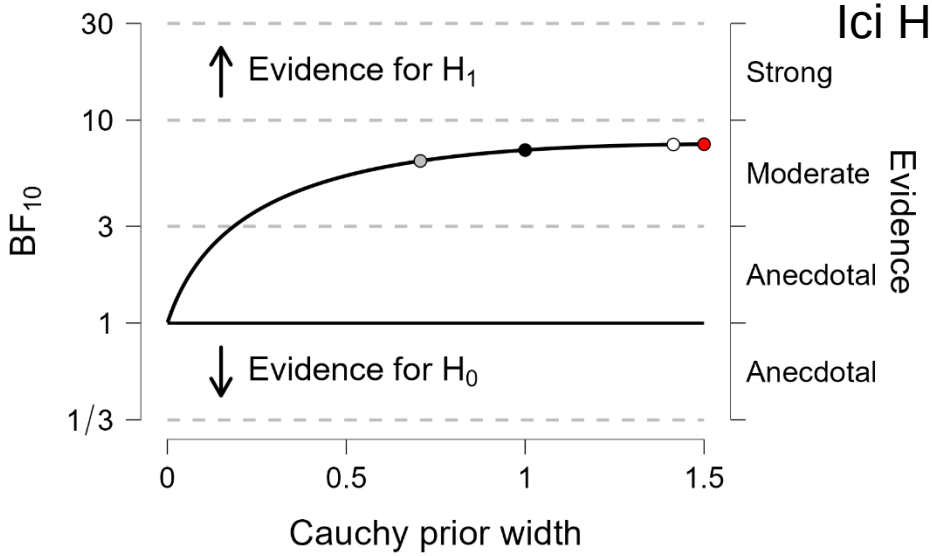
$BF_{10} = 6.298$

$BF_{01} = 0.159$

median = -1.545

95% CI: [-3.433, -0.540]

Ici H1 est supérieure à H0.



https://www.youtube.com/watch?v=rUWlwOfLyZc

Procédure de traitement

1/ Faire un tableau de vos données en indiquant pour chaque colonne la variable prise en compte et calculer la moyenne, la médiane et l'écart-type.

Exemple :

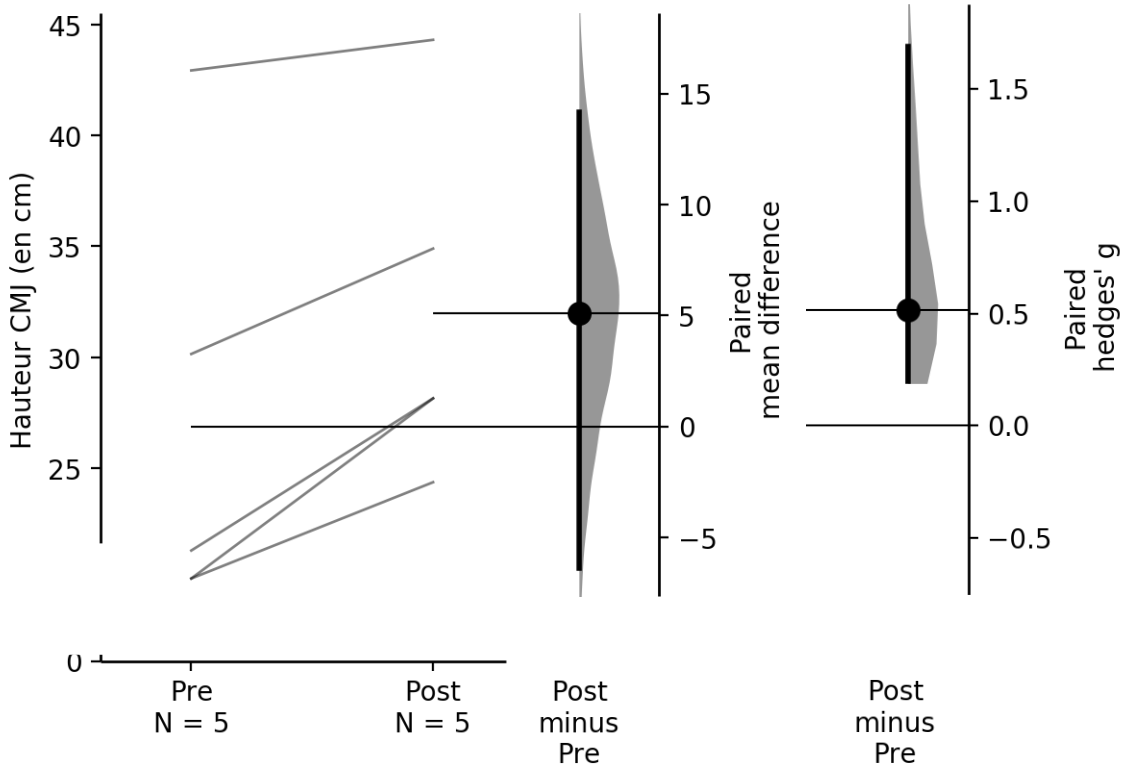
	Hauteur CMJ Pre	Hauteur CMJ Post
1	20.03	28.15
2	21.29	28.15
3	42.93	44.31
4	20.03	24.37
5	30.15	34.9

	Hauteur CMJ Pre	Hauteur CMJ Post
Moyenne	26,886	31,976
Médiane	21,290	28,150
Ecart type	9,917	7,871

Procédure de traitement

2/ Pour visualiser celles-ci, éditer le graphique à partir de http://www.estimationstats.com/#/.

Exemple :

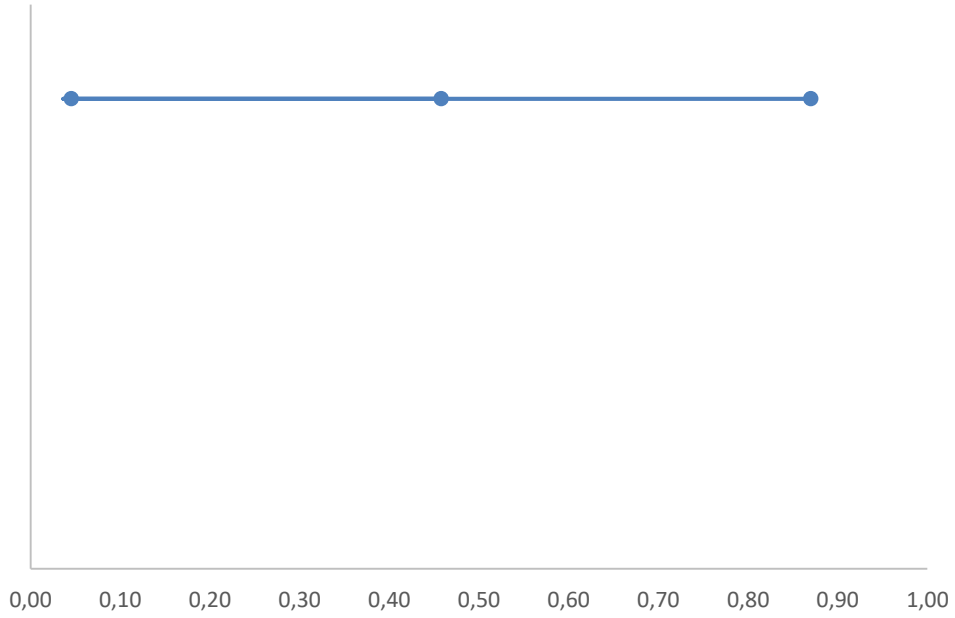


Procédure de traitement

3/ Intégrer les données dans la feuille excel d'Anthony N Turner :

Cf moodle (Feuille Anthony N Turner).

Comparison	ES, LL, UL
	0,46
Pre vs. post	0,05
	0,87



Tests et Training

Vous filmerez votre protocole et utiliserez dartfish pour insérer les éléments pertinents.

Vous montrerez quelques mouvements réalisés lors de vos entraînements.

1. Savoir où aller chercher l'information

- Google scholar,
- Bibliothèque universitaire,
- PubMed,
- Researchgate,
- …
- Et aussi sites (français/anglais) et blogs avec références en fin d'articles ou de posts.

Don’t forget

Know what to evaluate, how to analyze it, and especially which interpretations you can made.

Bonus

- 8x30 meters with 2’ rest.

Analysis of time splits

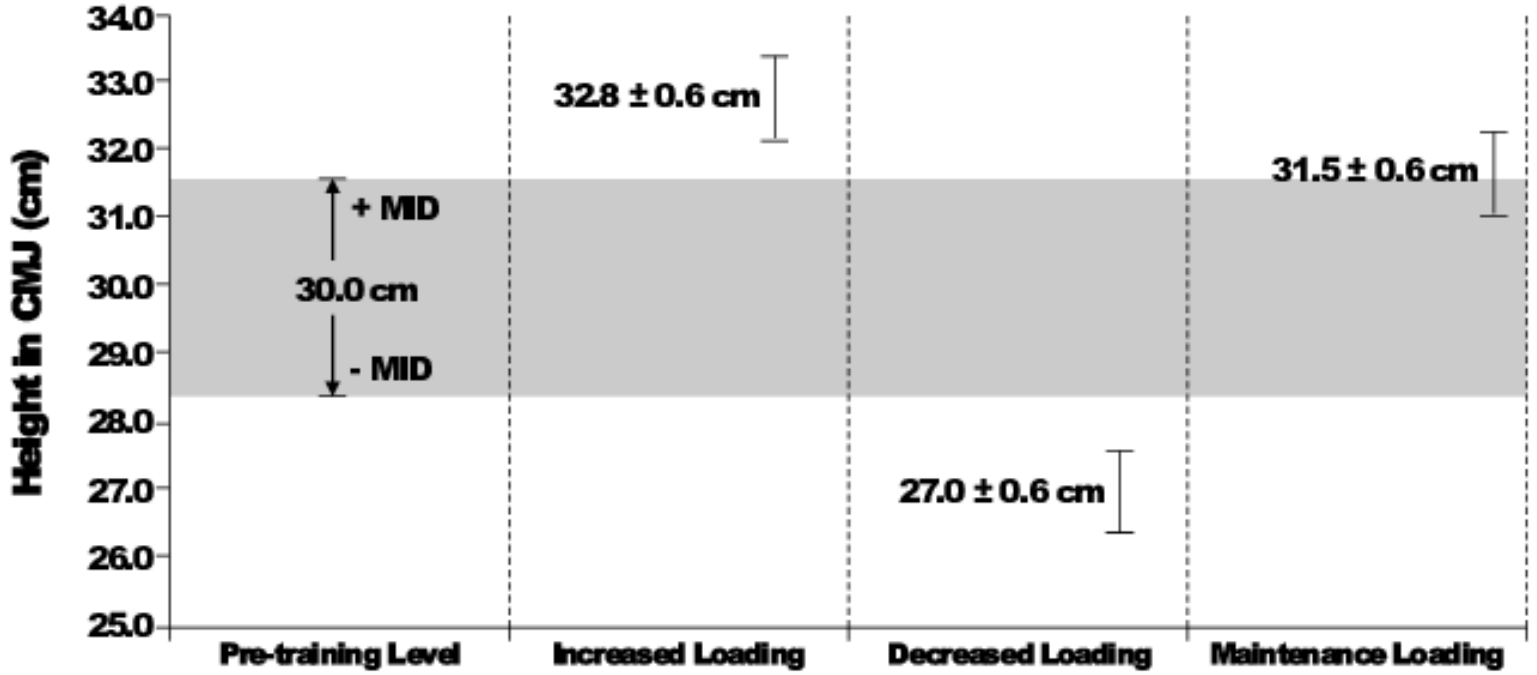
- TEM = $SD_{diff}/ \sqrt{2}$
- MID = TEM x *1,761*

Claudino *JAE* 2016

2016 Claudino, J. G., Cronin, J. B., Amadio, A. C., & Serrão, J. C. How can the Training Load be Adjusted Individually in Athletes with an Applied Statistical Approach?. J Athl Enhanc.

Procédure de traitement (possible)

Lorsque le test est reproduit plusieurs fois, faire une analyse individuelle.



Claudino *JAE* 2016

Procédure de traitement (possible)

Table 1: Data from reliability sessions for CMJ performance

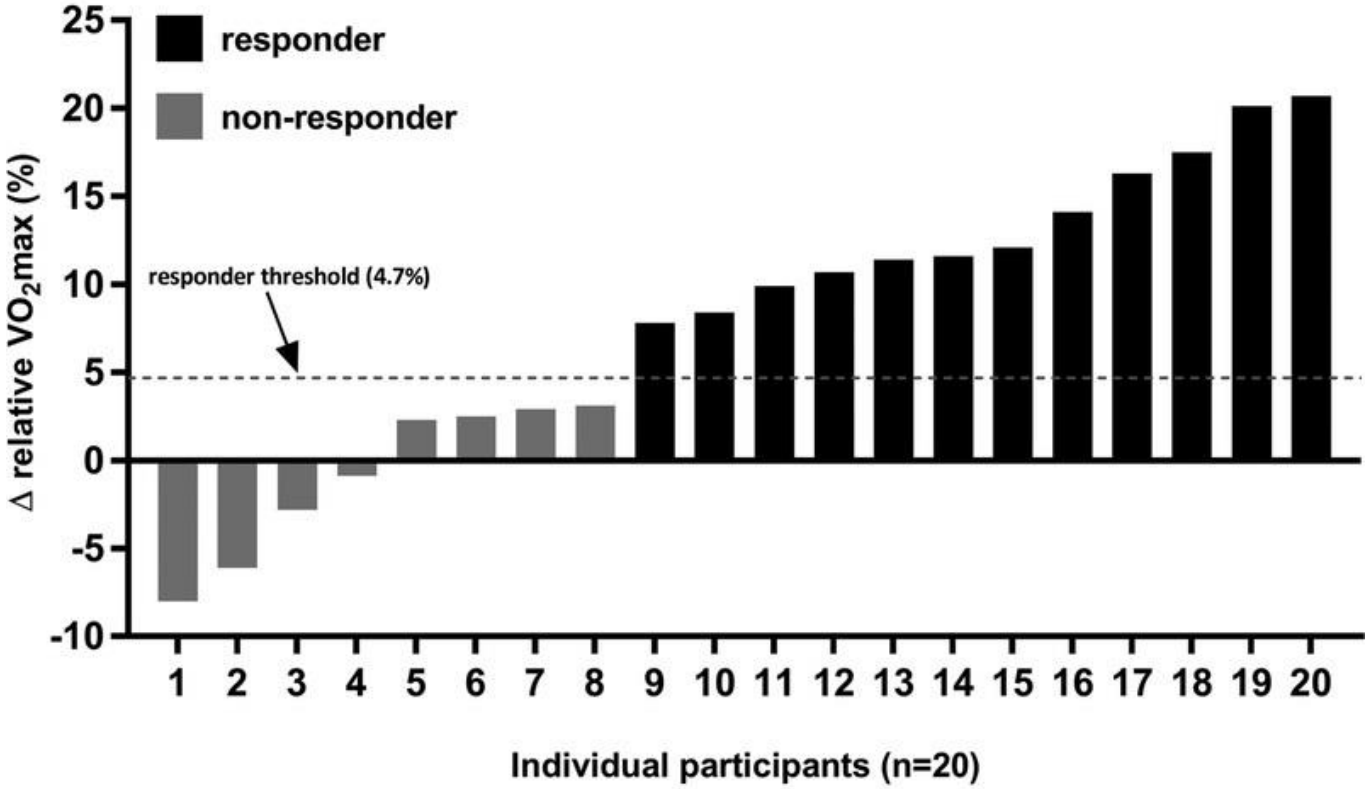
Athlete X	Day 1	Day 2	Difference Scores
Rep1	28.2	30.9	-2.7
Rep2	27.5	29.4	-1.9
Rep3	27.5	29.8	-2.3
Rep4	30.0	30.3	-0.3
Rep5	29.1	29.2	-0.1
Rep6	29.3	30.9	-1.6
Rep7	28.5	29.4	-0.9
Rep8	28.2	28.7	-0.5
		SD_{diff}	1.0

$$TEM = SD_{diff} / \sqrt{2}$$

$$MID = TEM \times 1{,}761$$

Claudino *JAE* 2016

Procédure de traitement (possible)



Weatherwax
MSSE 2019

$TE = SD_{diff} / \sqrt{2}$

Répondeurs quand TE x 2

Bonafiglia *PO* 2016

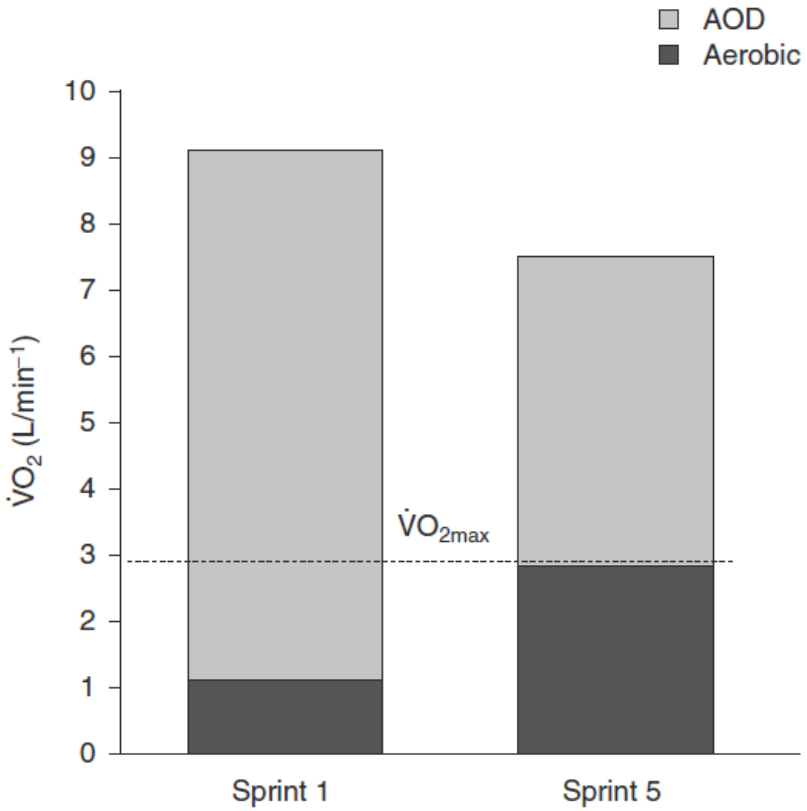
Results

Table 2. Summary table of the eight selected GPS metrics to monitor the players match-play performance before (6 match mean [SD]) and after (5 match mean [SD]) two weeks of RST according to the first- and second-half's of match-play, accompanied by absolute and relative (%) change in GPS metrics, smallest worthwhile change (SWC), typical error (TE) and practical significance of a true positive change (>SWC) occurring.

GPS and MEMs device metrics	Mean (SD) Pre RST	Mean (SD) Post RST	SWC	TE	Absolute Change (%)	*Qualitative*
First Half						
Total distance covered (m)	4406.5 (297.6)	4270.2 (426.6)	59.5	121.5	-136.3 (-3.1)	*Possible* ↓
Total high speed distance (m)	448.5 (56.4)	507.6 (144.0)	11.3	23.0	59.1 (13.2)	*Likely* ↑
Total relative distance ($.min^{-1}$)	91.7 (10.9)	95.0 (9.9)	2.2	4.4	3.3 (3.6)	*Possible* ↑
Total relative high intensity running (%)	10.2 (1.3)	11.8 (2.9)	0.3	0.5	1.6 (3.1)	*Likely* ↑
Maximum velocity ($km{\cdot}h^{-1}$)	28.4 (3.2)	25.9 (3.2)	0.6	1.3	-2.5 (-9.4)	*Likely* ↓
No of RHIE (n)	9.8 (5.7)	8.4 (1.5)	1.1	2.3	-1.4 (-13.8)	*Possible* ↓
PlayerLoadTM (AU)	429.7 (11.7)	412.7 (39.1)	2.3	4.8	-17.0 (-3.9)	*Very Likely* ↑
Relative PlayerLoadTM ($AU.min^{-1}$)	8.8 (0.4)	9.2 (0.8)	0.1	0.2	0.4 (4.4)	*Likely* ↑
Second Half						
Total distance covered (m)	4386.8 (449.1)	4551.2(216.1)	89.8	182.3	164.5 (3.7)	*Possible* ↑
Total high speed distance (m)	488.5 (141.5)	559.6 (103.3)	28.3	57.8	71.1 (14.6)	*Possible* ↑
Total relative distance ($.min^{-1}$)	89.7 (7.1)	89.0 (6.5)	1.4	2.9	-0.7 (-0.8)	*Possible* ↓
Total relative high intensity running (%)	11.2 (3.1)	12.3 (2.6)	0.6	1.3	1.2 (10.7)	*Possible* ↑
Maximum velocity ($km{\cdot}h^{-1}$)	28.4 (3.2)	30.6 (2.5)	0.6	1.3	2.1 (7.6)	*Likely* ↑
No of RHIE (n)	11.0 (3.4)	9.2 (3.1)	0.7	1.4	-1.8 (16.4)	*Possible* ↓
PlayerLoadTM (AU)	413.8 (37.8)	437.4 (27.4)	7.6	15.4	23.6 (5.7)	*Possible* ↑
Relative PlayerLoadTM ($AU.min^{-1}$)	8.4 (0.8)	8.6 (1.0)	0.2	0.3	0.1 (1.5)	*Possible* ↑

RHIE = Repeated high intensity exercise; AU = Arbitrary units; SWC = smallest worthwhile change; TE = Typical error.

Aerobic vs anaerobic



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