

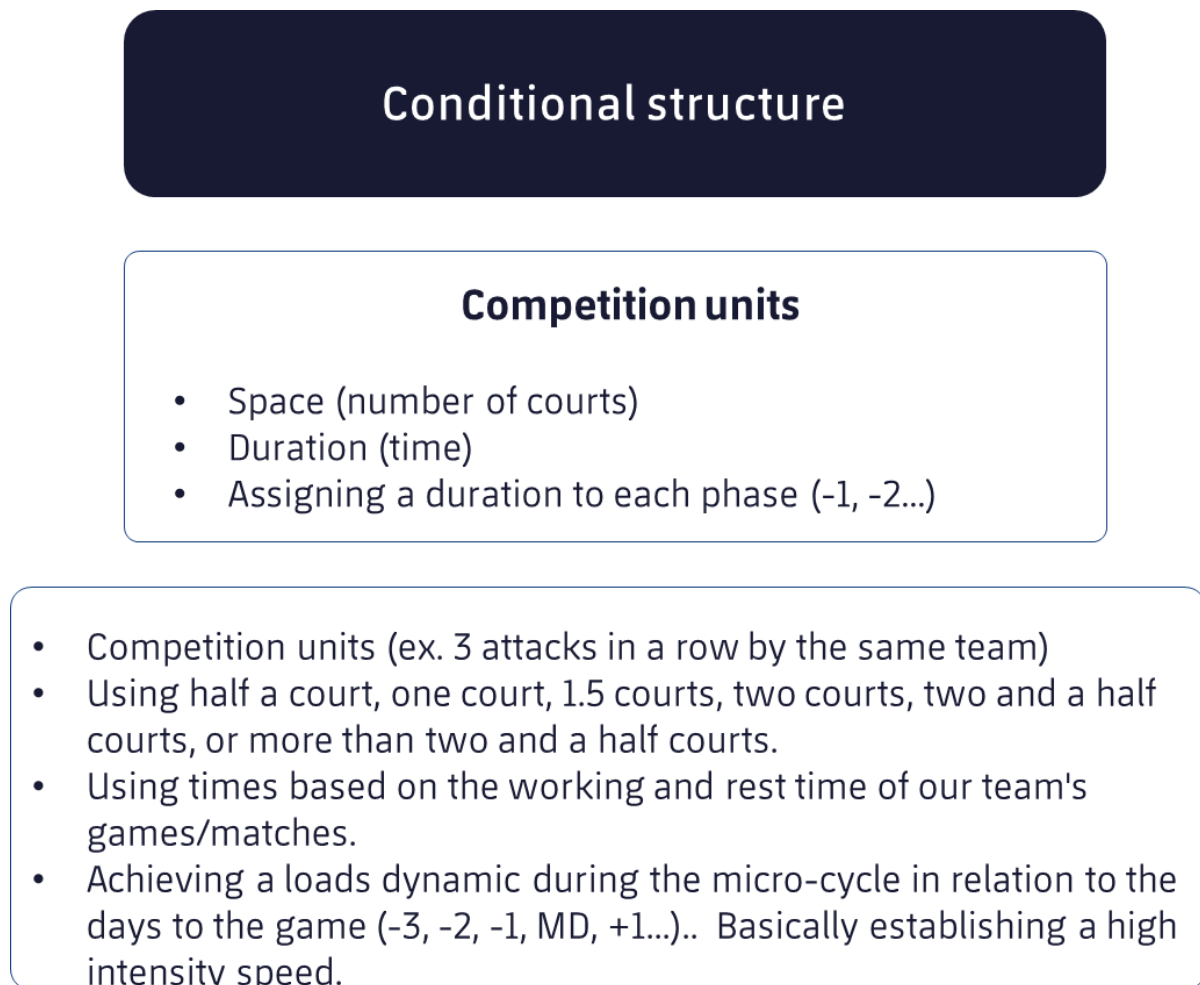
Module 4: How is it possible to modify the structures of the human sportsperson who practices basketball during the preferential simulation situations in the structured model?

And how to modify the structures of the human sportsperson who plays basketball during the sessions? How can we modify the structures of the human sportsperson who plays basketball during the preferential simulation situations in the structured micro-cycle in terms of the conditional structure?

One possible answer to these questions would be to set up space competition units according to the number of tracks, the duration, and to establish the conditional structure demands depending on the number of the session in relation to the game, that is, competition units.



Figure 1: Optimization of the conditional structure through the use of competition units.



Source: Author's production.

An example would be to have three teams in a row, or the same team, and we can vary that by using half a court, one court, 1.5 courts, two courts, two and a half courts, or more than two and a half courts, using times based on the working and rest time of our team's proposed tasks.

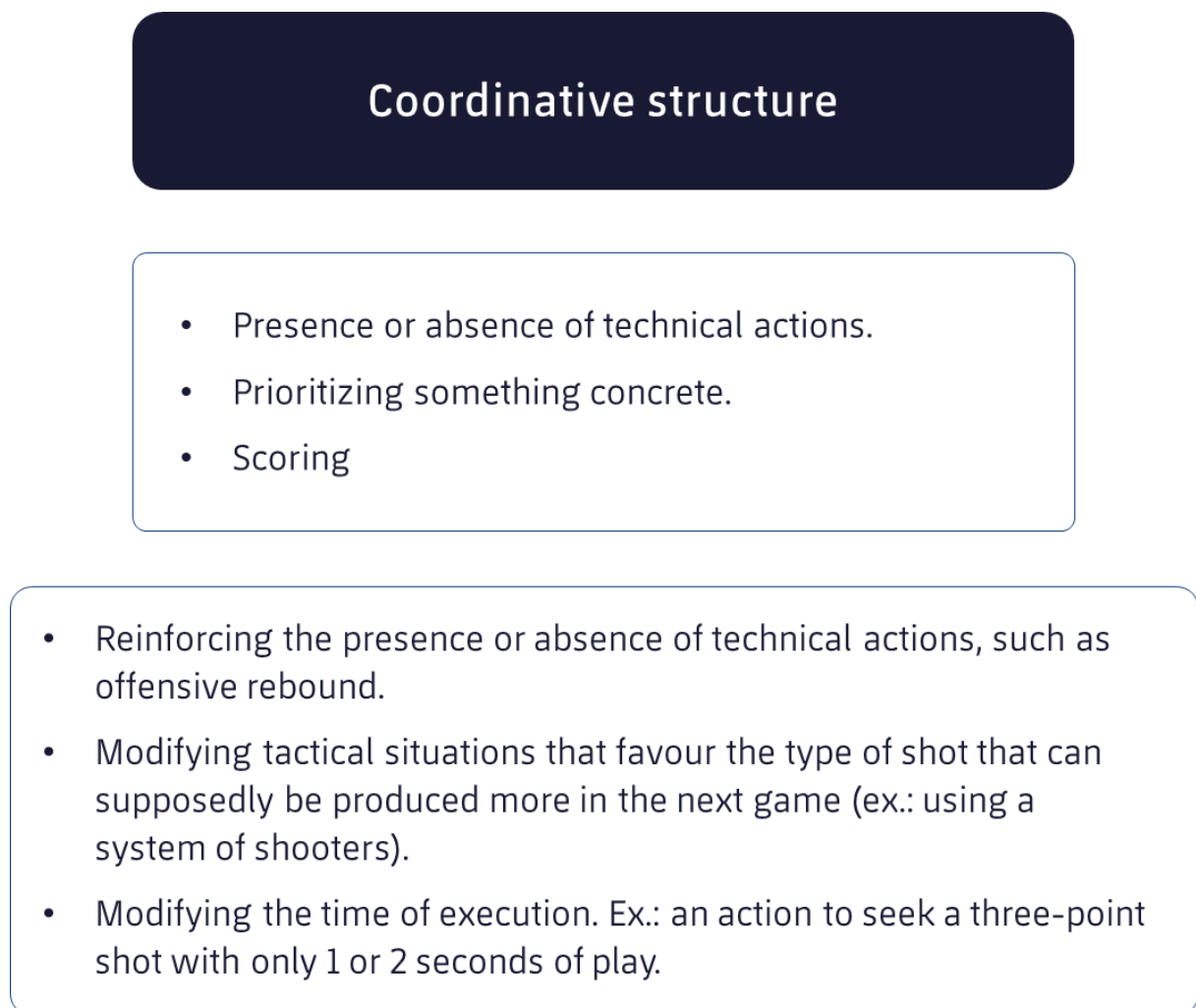
In other words, based on the competition, that is, based on the working and rest time given, we propose those times for the different tasks that we want to carry out.

We can also achieve a loads dynamic during the micro-cycle in relation to the days to the game, that is, -3 days before a game, -2, -1 days before the game, +1 after the game, etc. Basically, these should be established according to the high intensity speed we may recall.

As for the coordination structure, it can be modified through the presence or absence of technical actions, the priority on something specific and the score. This implies reinforcing the presence or absence of technical actions, such as offensive rebound, modifying tactical situations that favour the type of shot that can supposedly be produced more in the next game depending on the team's model of play. Thus, various systems can be used to suit the needs of shooters for the next game. It is also possible to modify the time of execution, for example, an action to seek a three-point shot with only 1 or 2 seconds of play.



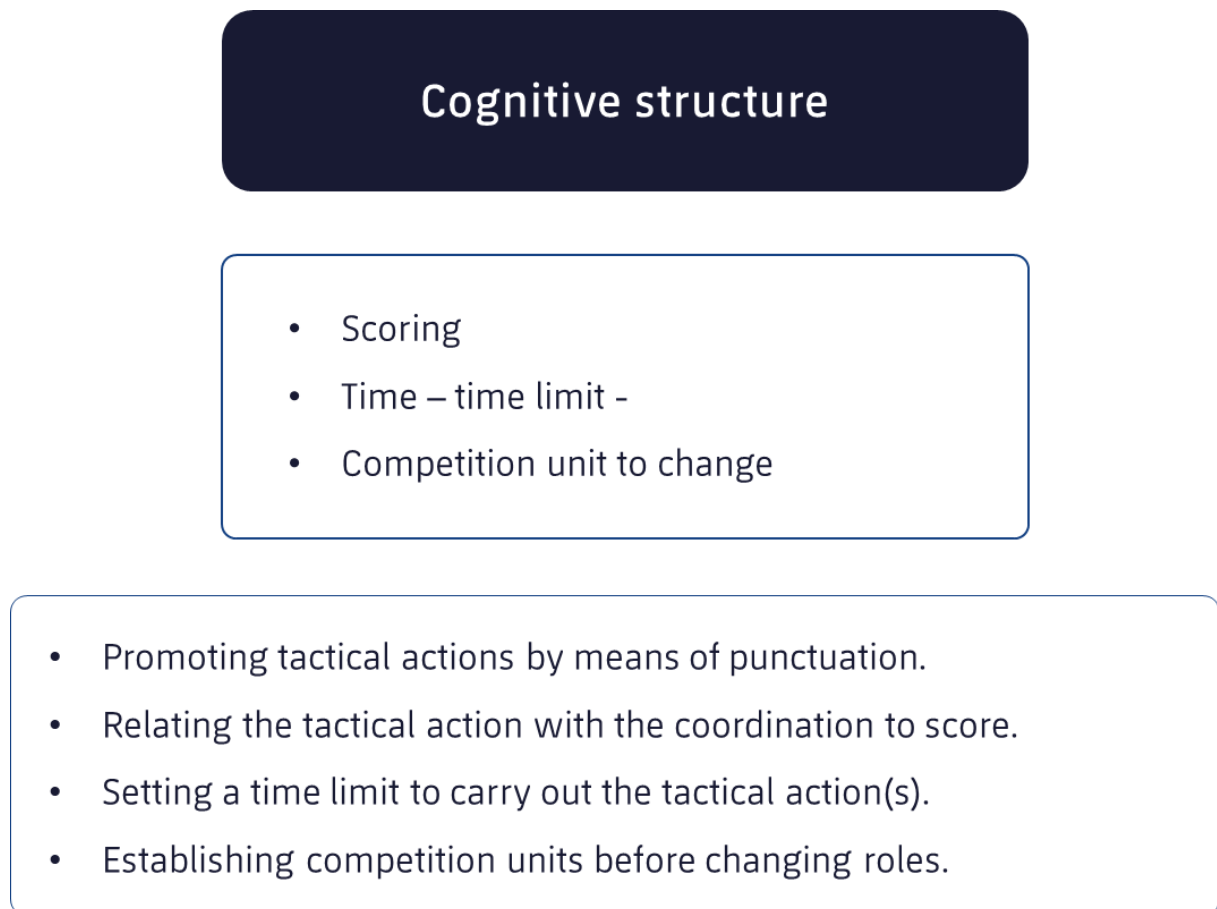
Figure 2: Optimization of the coordinative structure through the use of competition units.



Source: Author's production.

As for the cognitive structure, it can be modified by setting a time limit and establishing a competition unit for change. In this way we can promote the performance of tactical actions through scoring, linking the tactical action with the coordination for scoring, establishing a time limit for the performance of tactical actions and setting a certain number of competitive units before changing roles.

Figure 3: Optimization of the cognitive structure through the use of competition units.



Source: Author's production.

Also, players could be assigned opposing roles to train for tactical actions in preparation for the next game. It is advisable to include tactical actions that are known or not by the two teams. The training should always aim at players knowing what they are going to do and what the opponent is going to do during training so as to encourage decision-making and to get a clearer picture of the reality of the game.

Clear concepts and rules should also be included. For example, denying the centre corridor instead of only working with totally fixed rules to encourage a guided search for solutions.

In terms of the socio-affective structure, a number of rule-based scoring system can be established; for instance, that everyone should touch the ball that reaches the most important player, simulating the player to stop in the opposite team, and that they should encourage the players to bond with each other.

Figure 4: Optimization of the socio-affective structure through the use of competition units

Socio-affective structure

Scoring by rules: ex. that everyone touches the ball, that it reaches the most important, connection between players

Establishing score by rules so that everyone touches the ball before scoring or that it reaches the chosen player; looking for 2 or 3 players to "connect".

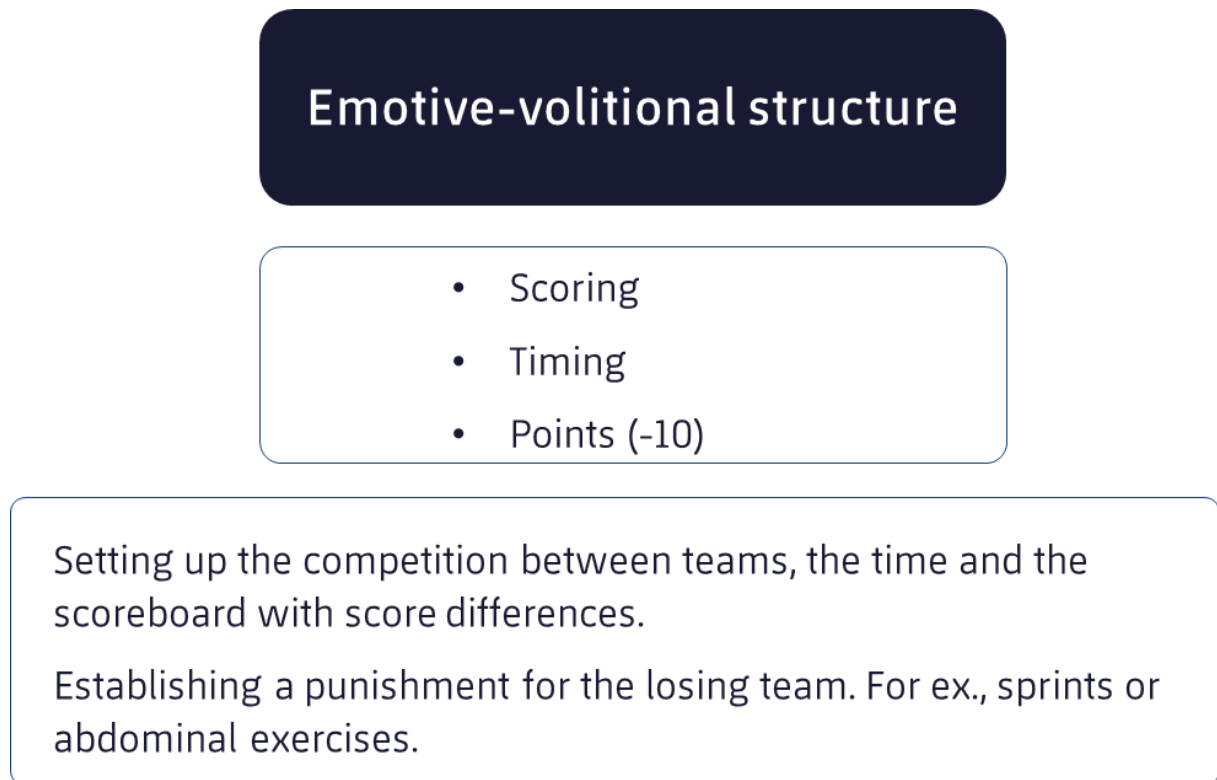
Source: Author's production.

In this way we can establish the scoring by rules so that everyone touches the ball before it reaches the chosen player. Look for two or three players to connect on a mandatory basis.

Regarding the emotive-volitional structure, the score and the time can also be established by means of the scoring mechanism. It is possible to define the terms of the competition between the teams through the implementation of the aforementioned techniques. For

example, one of the teams could have a starting point of minus ten points, or a punishment for the losing team could be previously defined.

Figure 5: Optimization of the emotive-volitional structure through the use of competition units



Source: Author's production.

It should become clear, at this point, that the various structures must be interlinked, generally giving preference to no more than two of them.

Moreover, the established training dynamics in two micro-cycles with a different number of games can be observed below.

Figure 6: Workload dynamics in micro-cycles with different numbers of games.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Game 18:00	-4	-3	-2	-1	Game	+1 and/or -1	Game 12:30
Competitive	Restoration	Implementation	Optimization	Activation	Competitive	Restoration/Activation	Competitive

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Game 18:00	+1 and/or -1	Game 20:30	+1 and/or -1	Game 21:00	+1	+1	Game 18:30
Competitive	Restoration/Activation	Competitive	Restoration/Activation	Competitive	Restoration	Activation	Competitive

Source: Author's production

In this proposal you can see the different phases distinguished within the micro-cycle, such as: the restoration phase, whose objective is to recover the organism from the physical and mental effort made during the competition, with low volume and low intensity of execution; the implementation phase, aiming at facilitating the preparation for the next game, focusing mainly on the introduction of new concepts of play, either in defence and/or attack; the optimization phase, whose objective is to facilitate the preparation of the next game, focusing mainly on the introduction of already assimilated concepts of play, whether in defence and/or attack; and the activation phase, whose objective is to facilitate the preparation of the next game by connecting everything that has been dealt with during the micro-cycle.



Figure 7: Restoration and implementation micro-cycles.

Restoration

Its objective is to **recover** the **organism** from the physical and mental effort made during the competition. Low volume and intensity.

Implementation

Its objective is to facilitate the preparation for the next game, focusing mainly on the introduction of **new concepts of play** (defence and/or attack).

Source: Author's production.

Figure 8: Optimization and activation micro-cycles.

Optimization

Its objective is to facilitate the preparation of the next game, focusing mainly on the introduction of already **assimilated concepts** of play (defence and/or attack).

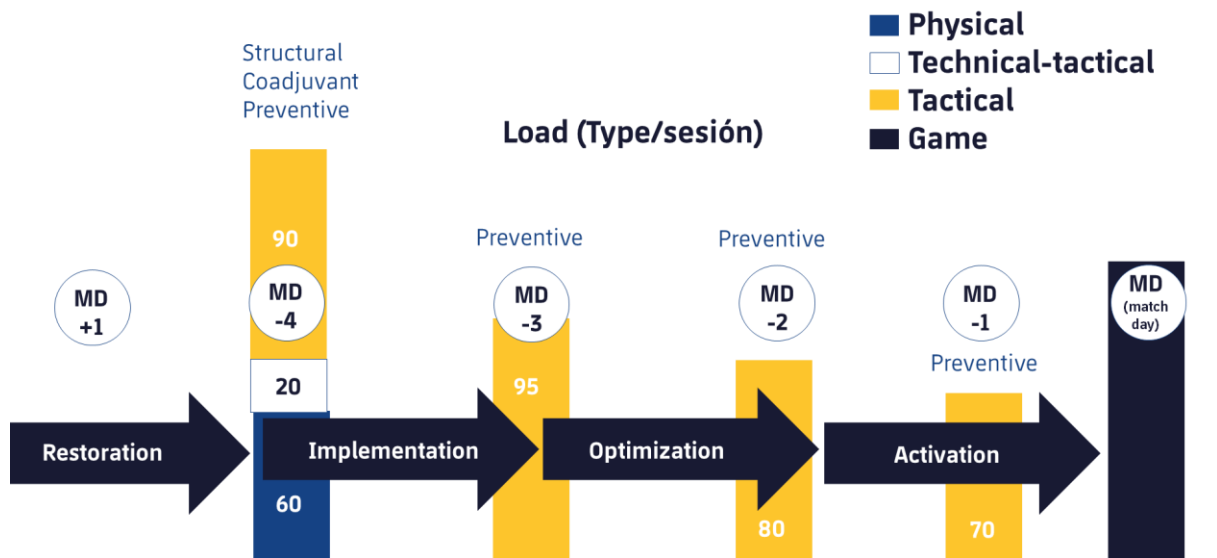
Activation

Its objective is to facilitate the preparation of the next game by connecting everything that has been dealt with during the micro-cycle.

Source: Author's production.

In the following Figure there is an example of a micro-cycle which includes the different phases and their duration in each of the sessions, as well as their orientation.

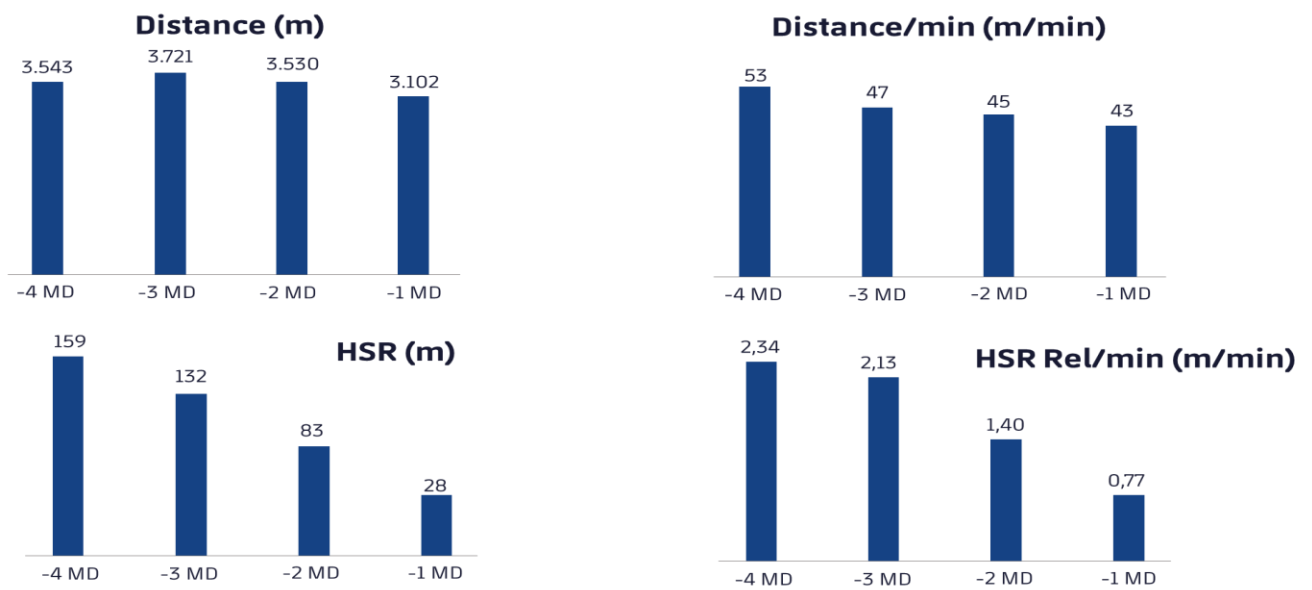
Figure 9: Different phases during the micro-cycle.



Source: Author's production.

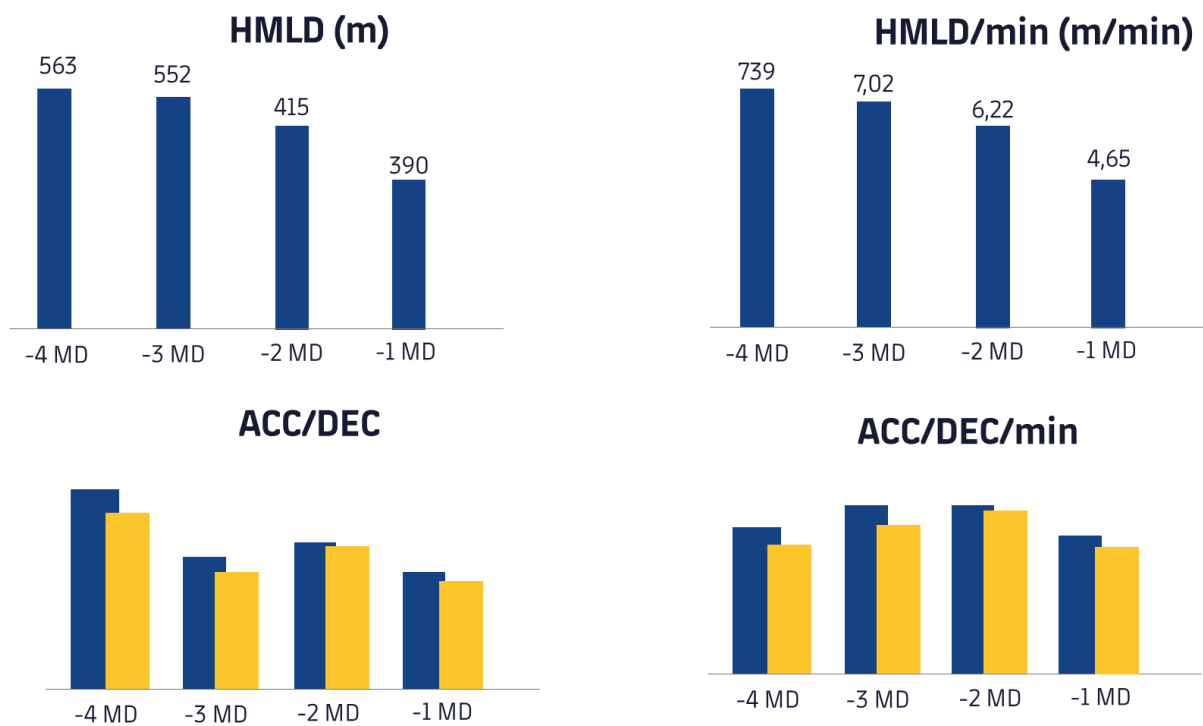
Similarly, the following is an example of physical demands on a micro-cycle during the season. Thus, the evolution of different variables can be seen regarding -4 days, -3 days, -2 days and -1 day. These include absolute distance, distance per minute, distance to high intensity (more than 18 kilometres per hour), high metabolic load, accelerations and decelerations (more than 2m/s²), maximum speed and maximum acceleration and deceleration (more than 3m/s²).

Figure 10: Physical demands in basketball on a micro-cycle during the season.



Source: Author's production.

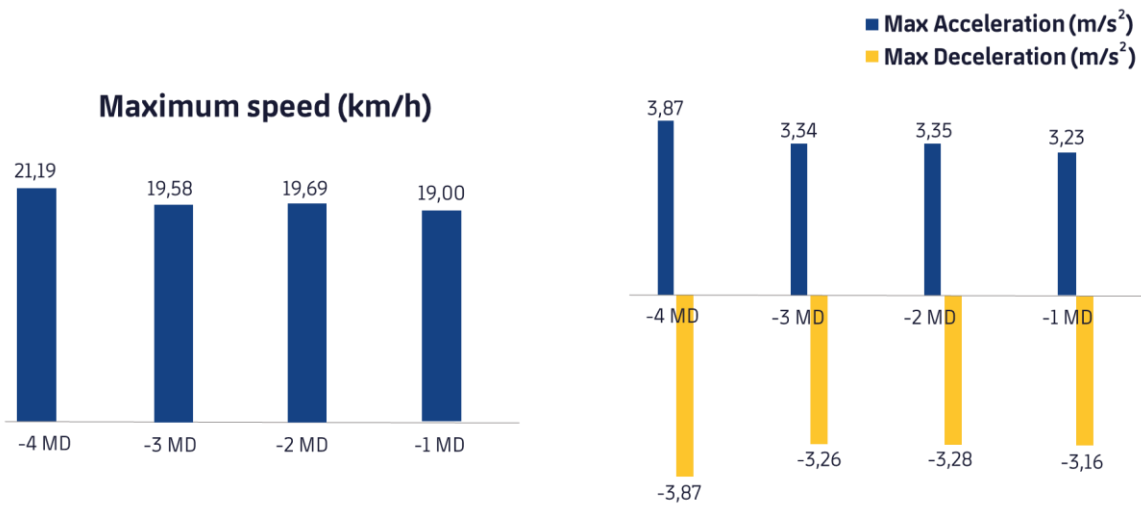
Figure 11: Physical demands in basketball on a micro-cycle during the season.



Source: Author's production.



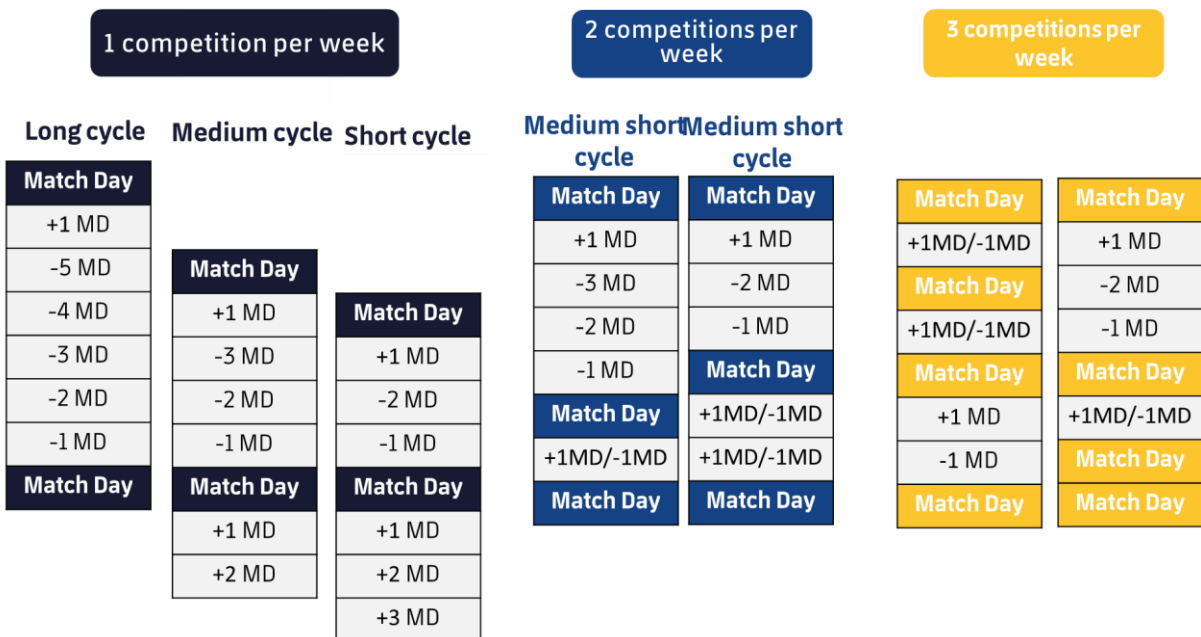
Figure 12: Physical demands in basketball on a micro-cycle during the season.



Source: Author's production.

Finally, in the following task the different options that are available throughout a season in an elite team that participates in both the ACB League and the Euroleague can be seen.

Figure 13: Different dimensions of a micro-cycle depending on the number of competitions per week.



Source: Author's production

In this way, long, medium or short cycles can be distinguished according to whether one, two or three competitions are held each week. As these examples show, it is rare to find only one game in a micro-cycle, which is why there are very few micro-cycles of this type. There will be many weeks in which our team will play two competitions per week; and sometimes it is possible to play three matches per week in events such as the King's Cup.