Introduction

Dynamic complex systems theories will provide us the best theoretical basis to construct a specific training science for team sports in which this specific athlete is able to achieve his/her auto-structuring by differential optimization / 2 /.

Training monitoring, a necessity to help coach in training guide, is based on recording changes in an athlete during various stages of training or under the influence of main elements of sport activities (training session, competition, microcycle) / 2 /.

In team sports the monitoring of technical-tactical training sessions is highly relevant in order to achieve an integrated control of the training load / 3 /.

The objective

The aim of this work is to suggest a method for monitoring technical-tactical training sessions as a complex system in basketball. This proposal has been experienced in different basketball teams since 2000.

Methodology

a) Recording data from technical-tactical training sessions.
b) Analysis of data.
c) Make effective changes in training design.

It involves evaluating the following training load components of every technical-tactical training session:

- total duration of every exercise;
- total rest time in between exercises;
- approximate number of execution-participations and its duration for a reference player in each exercise;
- the biological-conditioning load, the technical-coordination load and the tactical-cognitive load of every exercise and of the training session;
- the volume of each group of exercises classified depending on the type of content and quality level;

The biological-conditioning training load structure, the technical-coordination training load structure and the tactical-cognitive training load structure of the training session;

The value of each group of exercises pointed out by the coaches related to any of the basic training components (biological-conditioning, technical-coordination, tactical-cognitive, social-affective, emotional-volitive, creative-expressive, mental).

Conclusion

a) The proposed monitoring of technical-tactical training sessions in basketball as a part of the integrated monitoring of training load will provide useful information for making effective changes in training design, mainly on the following:

(1) structure of technical-tactical training sessions,
(2) structure of microcycles,
(3) planning of training load,
(4) planning of selective technical-tactical and physical-conditioning capacities.

b) The evaluation of technical-tactical training sessions is the most relevant factor for an efficient training monitoring in basketball.

c) The performance observation/systems proposed, based on qualitative criteria, though it’s based on subjective experience, it’s extremely practical and effective.

d) The method is applicable not only to different sports, but for professional and beginners alike.

References