

The Effects of Power, Speed, Skill and Anaerobic Capacity of Different Training Models in Young Male Basketball Players

Gürkan Yilmaz

*Nigde University, School of Physical Education and Sport, Nigde, Turkey
E-mail: g.yilmaz@hotmail.com*

KEYWORDS Basketball. Training Models. Anaerobic Capacity. Power. Speed

ABSTRACT The purpose of the present study is to examine the power, speed, skill and anaerobic capacity on men's basketball for 16 weeks endurance training along with the general basketball training. The study involved 36 male basketball players such as, Control Group (CG), Endurance Group (PE) and the General Endurance Group (GE). The shot test, 20 m running test, squat jump, countermovement jump, running-based anaerobic sprint tests were applied to the groups during the Pre- Exercise and Post-Exercise. Mann-Whitney U test was used to determine the differences between evaluations of the groups. While considering the Running Based Anaerobic Speed Test of the Difference among groups in the evaluation of 2nd, 3rd, 4th, 5th, and 6th in run evaluation Pre-Exercise was between CG and PE and between CG and GG, Post-Exercise was in favor between CG and PE in all running values. When considering the Power Index Between Difference Groups, In evaluation of The Pre-Exercise, values were 2nd, 3rd, 4th, and 5th runs, and there was significant difference between the groups CG and GD and CG and PE. As a result, it is considered to be appropriate for practicing the method in the development of young basketball players of the cardiovascular and metabolic stability in addition to specific agent's interval training.