

2nd International Conference on

Sports Medicine and Fitness

April 18-20, 2016 Dubai, UAE

Effects of unilateral training on specific skills of young basketball players

Aleksandar Cvorovic

Abu Dhabi Police College, UAE

Asymmetry in limbs use is a phenomenon that is present in everyday life, and therefore also in physical activities related with sport. Its presence is due to the lateralization phenomenon at the level of the CNS, and as a result of everyday lifestyle. The primary goal of this study was to determine level of asymmetry in the use of limbs in basketball and how unilateral type of training can influence reduction of the same. The study included 15 boys who are actively engaged in basketball (15 ± 0.5 years, $BW = 71.73 \pm 9.16$ kg, $BH = 182.86 \pm 6.70$ cm and $BMI = 21.43 \pm 2.36$ kg/m²). Tested variables are: explosive strength of leg extensors, explosive strength of arm extensors, agility, reaction time and dribbling control. Experimental group was implemented with programmed unilateral training, composed of 24 units for a period of eight weeks. The training was focused on the limb that proved to be weaker in the initial testing, and training methods applied are: circuit training, the work at stations and complex training. Results were analyzed with asymmetry coefficient, ANOVA Mixed Design, and percentage differences for same limb at initial and final test. Results of research indicate that most influenced variables with corrective training are explosive strength of leg extensors and arm extensors, while the other variables also showed progress with positive trend in the reduction of asymmetries, but not to that level.

Biography

Aleksandar Cvorovic has completed his PhD from the University of Nis, and Master studies from Belgrade University. He is the trainers supervisor at Abu Dhabi Police College, and visiting Lecturer at Belgrade Football Academy. His field of expertise and research work is related to the physical preparation of top athletes and tactical forces. He is the author of several scientific articles, and participant and speaker at conferences of international importance.

mlmathunjwa@gmail.com**Notes:**