

# Participation and selection of basketball players of Tirana's sports associations for ages 10-18 years

<sup>1</sup>MSc. Migena Plasa;<sup>2</sup>MSc. Ledina Koçi

<sup>1</sup>*Sports University of Tirana, Institute of Sport Research, Department of Research in Health and Recreation Activity. Tirana, Albania.*

<sup>2</sup>*Sports University of Tirana, Faculty of Movement Sciences, Department of Sport. Tirana, Albania.*

Contact address: [mplasa@ust.edu.al](mailto:mplasa@ust.edu.al); [lkoci@ust.edu.al](mailto:lkoci@ust.edu.al)

**Field of study:** Training and sport performance

**Type of study:** Experimental study

**Type of presentation.** Poster presentation. ICSS 6-7.12.2020

## Abstract

Basketball is a great game that is played by millions of young people in the world. Playing basketball fosters the development of peer relationships, self-esteem, leadership qualities, and physical health. To date, however, the sport of basketball has lacked guidelines around health and wellness and consistent game play standards. To help foster player health, age- and stage-appropriate skill development, and a positive and enjoyable on-court experience for young people in the world Basketball have developed a set of rules and standards to enhance the playing experience for young athletes. The selection of the new element has a great importance in increasing the level of basketball. This study shows precisely the participation and also the process how talents are selected in this sport. Taking into consideration that Tirana has the biggest number of basketball associations and licensed players in Albania, we have chosen exactly this city for our study. A questionnaire with questions and sub questions has been designed, which has to do with the way these associations work, how they select their elements and also basic knowledge testing of their coaches. The questionnaire was made available to the 13 basketball sport associations in Tirana. According to their answers, the respective charts for every question and sub question are built and conclusions were made. These were the main issues that were noted.

-The lack of a database with the data of every player and their progress.

-The lack of training facilities, a major problem which affects directly on the evolution of this sport.

-The lack of a system which identifies and selects talents all over the cities.

**Keywords:** increasing, participation, sport associations, database