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ANAEROBIC PERFORMANCE OF THE WOMEN'S BASKETBALL TEAM “PARTIZANI”

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Basketball is considered a sport of permanent intensity that requires mainly anaerobic metabolism. (Castana 2009; Hoffman 1999). It is known that the anaerobic contribution to basketball is important for tactical moves in defense, attack and for technical actions such as throwing, jumping, blocking, passing, three-step and other technical actions. (Castana 2010; Delextrat 2008; Hoffman 1999).

The aim of this study was evaluating anaerobic performance of the female “PARTIZANI” basketball team (total $n = 15$) were divided into 4 groups: playmakers ($n = 3$), forwards ($n = 7$), and centers ($n = 5$). RAST (Running Anaerobic Sprint Test). Test contains 6 maximum sprints with 10s break between each other and variables have been analyzed using visual and mathematical models. The measurements have been performed; first measurement January and second measurement March.

Results and discussions

During power and fatigue index values determination we have also analyzed the differences between the groups. Results showed that national female basketball players presented low anaerobic performance. Finally, RAST test is an excellent measurement inductor for hyperlactate and through this measurement we will try to understand the anaerobic performance level our national female basketball team



Conclusions

The basketball players of the PARTIZAN team presented low anaerobic performance. Our data showed that the anaerobic performance determined in elite athletes by the RAST test, was lower when compared to other studies with intermediate teams (Balčiūnas et al., 2006; Zagatto et al., 2009). Achieving an anaerobic performance requires the planning of a work program by coaches, taking into account the evaluation of player positions. The training program should have a clear definition of objectives before starting its implementation.