

Exercise characteristics in the modern basketball game

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Abstract

Nowadays basketball has become one of the sports games that are widely spread worldwide, given its dynamics and spectacular features but also due to the qualities and skills that are developed by the very practicing thereof. Modern basketball has turned into a game in which the very high level of technical and tactical actions performance mastership alone is no longer enough in order to ensure success. The actual game implies a multilateral physical training and specific training at a very high level and such training must be adjusted to the particularities of the age in question and to the athletes' preparation level.

This paper is focused on providing young teachers and coaches with a source of documentation that is based both on a long standing practical activity and on a synthesis of a considerable amount of information as published in the specialized literature while presenting such information under a suggestive and accessible form.

Key words: basketball, exercise, intensity.