

The Intensity of Load Experienced by Female Basketball Players during Competitive Games

Authors : Tomas Vencurik, Jiri Nykodym

Abstract : This study compares the intensity of game load among player positions and between the 1st and the 2nd half of the games. Two guards, three forwards, and three centers (female basketball players) participated in this study. The heart rate (HR) and its development were monitored during two competitive games. Statistically insignificant differences in the intensity of game load were recorded between guards, forwards, and centers below and above 85% of the maximal heart rate (HRmax) and in the mean HR as % of HRmax ($87.81 \pm 3.79\%$, $87.02 \pm 4.37\%$, and $88.76 \pm 3.54\%$, respectively). Moreover, when the 1st and the 2nd half of the games were compared in the mean HR ($87.89 \pm 4.18\%$ vs. $88.14 \pm 3.63\%$ of HRmax), no statistical significance was recorded. This information can be useful for coaching staff, to manage and to precisely plan the training process.

Keywords : game load, heart rate, player positions, the 1st, the 2nd half of the games

Conference Title : ICSSPA 2015 : International Conference on Sport Statistics and Performance Analysis

Conference Location : Zurich, Switzerland

Conference Dates : July 29-30, 2015