PHYSICAL TRAINING

1. BASICS FOR THE TRAINING OF BASKETBALL OFFICIALS

IN THIS CHAPTER:
We will explain the objectives for the basketball officials’ training and underline the basics it is subject to.

FEB
1.1. Introduction

As it is well known, the activity carried out by a basketball official demands a high mental and physical performance. Due to the intrinsic nature of his activity, the official can be defined as just another sportsman whose mission is not to compete, but to manage a game according to the established rules. For this reason, the official needs to be in a physical condition as any sportsman who has been training hard.

However, what’s the training for? How long need I train during the week? Which sort of training should I do? It’s normal that many doubts come up but, at the same time, it’s essential to do the training following some guidelines and not in a random and improvised way.

In this document, we have tried to adapt the main theoretical principles of sport training to the officials specific training, taking into account its inherent conditions and sort of performance. Our main aim is to provide some pieces of advice and considerations in order to make the training sessions as appropriate as possible.

1.2. Training Basics

1.2.1. Individualization principle

In the field of physical condition and training, we must analyze each official’s features and characteristics and adapt the training according to them.

TRAINING OBJECTIVES

1) To prevent injuries
2) To perform a successful training
3) To train the aspects that are part of the officiating work

ASPECTS TO BEAR IN MIND

1) Physiological features: response to effort, to fatigue, to energetic systems, etc. Not all of us share the same physical condition or react to the same exercise in the same way.

2) Motivations: A same physical capacity can be trained with several diverse exercises. We must work those which we like most, or are amusing for us, and not an added effort. Another aspect to consider is how long we want to train or how much time we can spend.

3) Objectives: Must the training be the same as if we were preparing for the 100- hundred hurdles in 11 seconds? Each person exposes the aspects which need improving and sets his own aims.

To sum up, we must analyze the way we respond to exercise, the condition we are in, what we want to achieve and the activities we like. This doesn’t mean that we have to train alone, on our own: we can train with some colleagues adapting the intensity and sort of exercises to each one.
1.2.2. Principle of continuity

Through the training, our body receives a series of stimuli which make it adapt and improve its performance. However, these stimuli must be produced regularly. In other words, we must train regularly, without leaving a long lapse of time between sessions, trying to distribute the training sessions homogenously during the week.

If we train one day a week it is very likely that the training effects are limited. A minimum of two days a week is recommended considering the activity we do, arranging free days with training days, although three days are desirable to keep the demands of our competition. More sessions, without going too far, will help us reach a more specific training.

Lack of time is sometimes an excuse we turn to for shortage of training. We can spend half an hour every day in case we don’t have one hour or an hour and a half.

This principle not only refers to the regularity between sessions but also referring to long periods of time. It is important to keep these habits during the months between different seasons as well as during the season itself. You have to take into account that physical condition deteriorates three times faster than we improve it! So a minimum of keep-fit sessions are recommended during those periods of less activity.

1.2.3. Principle of overload

Overload is the application of a harder work to the body than it is used to. It is an essential factor in order to achieve improvements in our performance.

The General Adaptation Syndrome states that we create an imbalance in the balance of the organism (homeostasis) applying an intense stimulus. On producing these alterations, the organism activates a series of recovery mechanisms that make us be prepared to receive greater stimuli afterwards. How do we put this into practice? Working with such intensity that it creates fatigue in the systems of our organism that we want to train: cardio-vascular, respiratory, muscular or all of them as a whole.

Does this mean the training is not worth if fatigue isn’t generated? Not totally, it only implies that our performance will not be improved. Nevertheless, we must answer the question in the first section: which are our objectives? When we reach the desired physical condition, and if our aim is just maintaining it, exercise will be a must, although not exceeding our own limits.

1.2.4. Principle of specificity

We must reflect on this aspect. What must we train? Is it worth to work in a muscle training room getting our muscles hypertrophied? Is it enough to go jogging for 30 minutes?

Based on experience, the official changes his speed, turns, moves laterally and sprints during a game. Moreover, we change between periods of intense activity, such as consecutive fast breaks, and static situations, as free throws, for example. We perform an intervallic speed job and endurance at the same time. We also know that we work in four ten-minute periods with more or less intensity, with intervals of two minutes between the first and the second period and between the third and fourth period and before any extra period. So we know the king of physical effort officials carry out on the court. Will it be worth, so, to go jogging for 45 minutes, with no change of speed, without any break and moving just ahead?
We must do a training that demands us a physical performance according to the own game demands, something specific for the features of our task.

We propose some considerations to be adopted in our training method:
- To work in 4 or 5 periods with a 2-5 minute break between them.
- To plan a simple route in a park where we can combine different phases of jogging, running, sprinting and walking.
- Move ahead, laterally and turn your direction in this fixed route.

These proposals may be too systematic and analytic but we can practice them in different and amusing forms: games, competitions with other mates, tracks, series and so on.

It is important to underline not only the specificity regarding the energetic demand but also to train the muscle and joint groups that take part when turning or changing direction and sprinting as a preventative measure to avoid injuries.

This is why jogging, while being a valid endurance training, can be improved if we add these aspects. On the other hand, muscle hypertrophia work on its own lacks of a sense for the official, although it can be valid for general condition or even aesthetic.

1.2.6. Principle of warming up and cooling down

**OBJECTIVES OF THE WARM UP:**
1. To increase the body temperature.
2. To increase breathing rhythm and heart frequency.
3. To prevent injuries.

We must warm up the entire body to achieve the first two aims and to influence specifically in the joints and muscle groups that are going to be exercised in order to prevent injuries, emphasizing it if we have suffered any before.

The warm up must go with the stretching of those muscle groups that are going to be the most overloaded. The importance of stretching lies on elongating musculature and activating the mitotic and tendinous reflexes. When officiating, the muscle will be ready to endure high loads, wider and more tense movements, reducing the risk of an injury highly.

1.2.5. Principle of variety

The variety of types of exercise and how we perform them will help us keep on training as it breaks monotony and repetition. Training must be a hobby and not a must. We can practice those activities we like if they fulfil the mentioned principles. For example, we can train these aspects playing paddle or tennis with certain intensity and maintaining the recovery rhythms. The same can be said of basketball, indoor football or handball, which share not only a certain sort of movements but also the length of movements. As we can see, there are some activities that share properties with officiating. On the other hand, sports like climbing, swimming, table tennis, archery, horse riding, volleyball... have other benefits which resemble less to the needs of the official on the court.

1.2.7. Principle of ideal relation between load and recovery

Keeping an ideal relation between load and recovery is as important as the training stimulus continuity, its intensity and the load volume. The adaptation mechanism that is going to the improvement in our performance needs a time of recovery in order to achieve this improvement. In high level performances, this consideration may be clearer. However, from the officiating point of view, we must insist that too much training is not profitable. Recovery refers not only to stop the training but also to ordinary life. Too much daily activity or stress may provoke a performance decrease that may have its effects on officiating during the weekend.
1.3. Conclusions

As we have seen, the training needs to be performed in an adequate and effective way, thus saving time and working to get the fixed objectives. Each official is responsible for doing a continuous, individualized training, with some intensity and according to the activity we perform. However, it could be said that we must match up to the level of the competitions we take part in. The higher the level, the better conditions the players are in, training even 6 times a week. It is said that, when officiating, ‘we have to be where we must be to see what we must see’. In addition to a good mechanics, we must be in good condition to be able to be in the right place, to reach each play in advance to be able to see. However, sometimes we really are where we must be but it is difficult to think and make the good calling if our heart is beating near our limit. Physical conditions must be on the highest point for 40 minutes if we want to make our best. We must not forget that the players can be substituted but the official must be ready at all times and react to the speed and direction changes.

As a sportsman, the officials are encouraged to take care of and work these aspects. Remember that physical condition will have a direct or indirect effect on your own self-satisfaction with the work performed.

1.4. Bibliography

All this information is developed in different books recommended for those who want to deepen on training theories.

1. Hüter-Becker, Antje, Physiology And Training Theory, 2006

2. Campos Granell, José, Teoría y planificación del entrenamiento deportivo, 2001

3. Weineck, Jürgen, Total Training, 2005