

RELATIONSHIP BETWEEN TRAINING PLANNING AND SPORTS INJURIES, IN FEDERATED BASKETBALL PLAYERS FROM 12 TO 15 YEARS

ABSTRACT

basketball players during the seasons 2006-07, 2007-08 and 2008-09, which included their type, incidence and treatment. There took part 217 players who were competing in the Boys and Girls Basketball Federation of the Region of Murcia, being their categories - 12 to13 years old and 14 to15 years old -. They were given a questionnaire related to training programme and sports injuries. The results showed major consumption of water during games being played than while the trainings, and major consumption of alcohol than tobacco at the weekends. The injuries took place both while competition and training, being ankle sprain the most frequent injury in both cases. After ankle sprain; the prevailing injuries were sprain - luxation of the fingers and knee sprain. Most of the players who got injured were the base, the forward, and the guard. A 53 % had suffered some injury in the last three seasons, being falling off the most frequent cause. The incidence of injuries out of every 1000 hours of exhibition found in the study is 1.39. There have been found significant differences in the exposure to injuries at the outcome of skill circuits at Interval Training work during training hours.

KEY WORDS

Basketball,injury,training

