

**15-17 YAŞ GRUBU
BASKETBOLCULARDA SU İÇİ VE KARA
PLİOMETRİK ANTRENMANLARI**

Ali Erdem CİĞERCİ

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TEŞEKKÜR

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KISALTMALAR

ACSM	: American College of Sports Medicine
ATP-CP	: AdenozinTrifosfat-Kreatin Fosfat
FIBA	: Uluslararası Basketbol Federasyonu (Federation Internationale de Basketball)
KAH	: Kalp atım hızı
KAHmaks	: Maksimum kalp atım hızı
KAHort	: Ortalama kalp atım hızı
LA	: Laktik asit
LAmaks	: Maksimum laktik asit miktarı
LAort	: Ortalama laktik asit miktarı
NBA	: National Basketball Association
NCAA	: National Collegiate Athletics Association
RAST	: Running-Based Anaerobic Sprint Test
RM	: Maksimum tekrar
VKİ	: Vücut kitle indeksi
VO2maks	: Maksimum oksijen tüketimi
VYY	: Vücut yağ yüzdesi
WAnT	: Wingate anaerobik test

İÇİNDEKİLER

TEŞEKKÜR.....	iii
KISALTMALAR.....	v
1. GİRİŞ.....	1
2. GENEL BİLGİLER	9
2.1. Basketbol.....	9
2.1.1. Basketbolda Hareket Kalıpları	10
2.1.2. Basketbolun Fizyolojisi	13
2.2. Basketbol ve Biyomotorik Özellikler	23
2.2.1. Basketbol ve Kuvvet Antrenmanları	25
2.2.2. Basketbolda Sürat ve Çeviklik Antrenmanları..	38
2.2.3. Pliometrik Antrenman.....	45
2.2.4 Su İçi Pliometrik Antrenmanlar	51
3. YÖNTEM	55
3.1. Deney Grupları ve Çalışma Dizayını.....	55
3.2. Fiziksel Ölçümler	56
3.3. Motorik Performans ve Alan Ölçümleri.....	57
3.3.1. Anaerobik Güç ve Patlayıcılık Testleri	58
3.3.2. 10M-30M Sürat ve İvmelenme Testleri	59

3.3.3. Lane Çeviklik Testi.....	59
3.3.4. Kassal Kuvvet Testleri	60
3.3.5. Basketbola Özgü Teknik Testler	62
3.4. Antrenman Planı	62
3.5. İstatistiksel Analiz	66
4. BULGULAR.....	67
TARTIŞMA	83
SONUÇ VE ÖNERİLER	99
KAYNAKLAR.....	103

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1. McKeag, D. B. (Editör). (2003). *Basketball*. USA: Blackwell Science Ltd, 9, 13-16.
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