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Approach to theory on tactical thinking among base players organizers in basketball

*[Aproximación a la teoría sobre el pensamiento táctico en jugadores base organizadores en el
baloncesto]*

[Abordagem da teoria do pensamento tático na organização básica de jogadores de basquete]

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Abstract

Introduction: Basketball is a sport in which tactics play a significant role, as the coordination of offensive and defensive actions is present throughout the entire game. Base players play an important role in ensuring effective game actions due to the functions they perform during the game.

Objective: To determine the main elements that define tactical thinking in basketball training.

Materials and methods: A literature review was conducted, which allowed the characteristics of these players to be revealed based on criteria issued by various authors and the author's experience. To process all the information obtained, the logical thought processes of analysis-synthesis, induction-deduction, and abstraction-generalization were implemented.

Result: A description of the fundamental aspects related to tactics in sports training was obtained, as well as the characteristics of base players who contribute to the development of basketball tactics, enabling them to work as a team to achieve a satisfactory result.

Conclusions: Basketball tactics are the rational adoption of individual, group, and collective actions during combat against the opponent, with the goal of achieving maximum results. This allows for the evaluation of the athlete's performance in the different actions of the game.

Keywords: sports training, point guard, basketball.

Resumen

Introducción: el baloncesto es un deporte en el que la táctica alcanza un elevado protagonismo, pues la articulación de las acciones a la ofensiva y la defensa, se encuentran durante todo el partido. En el logro de la efectividad de las acciones de juego, los jugadores base tienen un papel importante debido a las funciones que cumplen durante el partido.

Objetivo: determinar los principales elementos que establecen el pensamiento táctico en el entrenamiento deportivo en el Baloncesto.

Materiales y métodos: revisión bibliográfica, lo que permitió develar las características de estos jugadores a partir de criterios emitidos por diversos autores y la experiencia del autor. Para el procesamiento de toda la información obtenida, se pusieron en práctica los procesos lógicos del pensamiento, análisis - síntesis, inducción-deducción, abstracción-generalización.

Resultado: se obtuvo una descripción de los aspectos fundamentales relativos a la táctica en el entrenamiento deportivo, así como las características de los jugadores base que contribuyen al desarrollo de la táctica en el baloncesto que les permite el trabajo en equipo para el logro de un resultado satisfactorio.

Conclusiones: la táctica del juego de baloncesto, es la adopción racional de las acciones individuales, en grupos y colectivas, durante la lucha contra el adversario, con la finalidad de alcanzar el máximo resultado y permite evaluar el desenvolvimiento del atleta en las diferentes acciones del juego.

Palabras clave: entrenamiento deportivo, jugador base organizador, baloncesto.

Resumo

Introdução: O basquete é um esporte em que a tática desempenha um papel fundamental, pois a coordenação das ações ofensivas e defensivas está presente durante todo o jogo. Na obtenção de ações efetivas no jogo, os jogadores da base desempenham um papel importante devido às funções que desempenham durante a partida.

Objetivo: determinar os principais elementos que fundamentam o pensamento tático no treinamento esportivo no basquetebol.

Materiais e métodos: Uma revisão bibliográfica revelou as características desses jogadores com base em critérios emitidos por vários autores e na experiência do autor. Para processar todas as informações obtidas, foram colocados em prática os processos lógicos de pensamento: análise-síntese, indução-dedução, abstração-generalização.

Resultado: Obteve-se uma descrição dos aspectos fundamentais relacionados à tática no treinamento esportivo, bem como as características dos jogadores de base que contribuem para o desenvolvimento da tática no basquete, o que lhes permite trabalhar em equipe para alcançar um resultado satisfatório.

Conclusões: A tática do jogo de basquete é a adoção racional de ações individuais, grupais e coletivas durante o combate ao adversário, com o objetivo de alcançar o máximo resultado e permitir avaliar o desempenho do atleta nas diferentes ações do jogo.

Palavras-chave: treinamento esportivo, organizador de jogadores de base, basquete.

Introduction

The development of sports has long been linked to the advancement of science and technology. The influence that physical activity, and sports as an organized form of physical activity, exert on human beings as biopsychosocial entities tends to improve human performance by gradually increasing physical, intellectual, moral, and volitional levels, enabling greater and better relationships with the world around them, which become intertwined in a special way during practice.

In basketball, the result achieved depends on the speed of execution and reaction to the actions taken, as well as the players' great creativity and dynamism. Collective and group actions are the foundation of development, and to articulate them, it is necessary to consciously coordinate the players' individual actions in space and time, in pursuit of a common goal.

Basketball is known for its variable nature and its requirement for comprehensive preparation that encompasses all physical, technical, tactical, psychological, and theoretical aspects. Players face constant situations in different game scenarios, so tactics play a fundamental role in this sport, as the unpredictability of actions both on offense and defense poses constant challenges that must be addressed strategically. Coaches

must be constantly in control to make quick and effective decisions that allow them to adapt to the changing circumstances of training and competition.

In basketball, as in all sports, training is organized by scientific rules and laws, which contribute to raising the performance of the physical, technical, tactical and mental levels of players. Taking these performance levels as a starting point, Valdivia-Quintero, R., Gutiérrez-Cruz, M., & Rondan-Elizalde, M. de J. (2020) recognize tactics as a theory of conducting the sports match, as a recognized and successful form of sports competition with the opponent, governed by competitive regulations and based on the collaborative capacities of the different athletes who adapt to the conditions, whose objective is to achieve the highest possible result.

For their part, Sagó Urquia, L., Rangel Mayor, L A. (2023) consider that “Tactical thinking is a determining factor in the outcome of the game, which is why it is increasingly necessary to put it into practice in each of the games that are played. Whether in training or competitions, the coach must know where the main tactical disadvantages and advantages of the team, as a whole, and player by player lie in order to direct their work to solve these problems.

Similarly, Jiménez Rosales N. (2020) states that in every tactical action, the athlete, when thinking, acts, and when acting, thinks. It can be stated that the precision of tactical actions is the result of the athlete's rapid and effective reasoning. The quality of knowledge processes determines the athlete's tactical performance. It is evident that the success of finding the solution to a given problem in a short time and correctly depends greatly on the clarity of thought, as well as its creativity and speed.

For all the above reasons, tactical thinking can be considered a type of operational thinking, which is demonstrated in practice, formed by technical-tactical knowledge that includes different types of knowledge, which in experts is manifested as high quality, and which allows guiding tactical behavior in the resolution of specific sports problems.

In basketball, tactical thinking involves the ability to quickly read and understand game situations to make effective strategic decisions. It is essential for identifying offensive opportunities and making informed decisions about when and how to execute designed plays. For this reason, it requires a combination of game vision, anticipation, and adaptability to respond to changes in the game's progress. This underlines its importance for individual and team performance, its relationship with cognitive skills, and its influence on decision-making during games.

During the game and in changing practice situations, the multitude of actions that occur forces basketball players to make split-second decisions, given the constant change in competitive situations. Decision-making begins when basketball players perceive the situation and is guided and concluded when they select one of the ranges of possible tactical responses and address it through a motor response or game action. Despite all this, the decision-making process during the game depends on the type of player involved.

Within the team's structure and the game of basketball, the player designated as the point guard is responsible for carrying the ball from the defensive court to the offensive court. He also has the role of organizing and directing the team on the court.

There are many types of point guards, and therefore, it's not essential for a player to have all of these characteristics to be a good point guard. However, they are traits that facilitate a player's performance in this position and therefore guarantee a successful outcome during the game.

Depending on the characteristics and responsibilities of the point guards, they typically have good stats in assists, steals, and shooting percentages. Additionally, depending on whether they are more of a scoring or organizing point guard, they can also excel in points per game.

Due to the importance of this topic, it is necessary to review the theory that supports the characteristics of this type of player, and how their teamwork is carried out, in the sport of basketball. Therefore, the scientific question is to determine the main elements that establish tactical thinking in basketball training, and the objective is to determine the main elements that establish tactical thinking in basketball training.

Materials and methods

For the present research, the fundamental aspects of basketball's organizing point guard players, their characteristics, and the tactical thinking that enables them to work as a team were revealed. A study of these players' characteristics was conducted based on criteria issued by various authors and the author's experience, which allowed for the essential aspects of the topic at hand to be revealed. To process all the information obtained, logical thought processes were implemented: analysis-synthesis, to break down the process into its parts and qualities, highlighting its relationships, properties, and components, to study the behavior of each of these and subsequently reintegrate them; induction-deduction, to go from specific aspects to general aspects and vice versa, and thus identify the relationships between these elements that comprise the process; abstraction-generalization, to establish the specific and general properties, qualities, and regularities of sports training; among others.

Results and discussion

Sports tactics refers to the adaptations athletes make to unexpected conditions that occur during sports performance. Athletes must be able to handle unexpected situations and adapt to changing conditions optimally. In basketball, it refers to the players' ability to analyze and resolve situations on the playing court, both in offense and defense. From an individual perspective, it allows players to interpret the game and make the most appropriate technical action or gesture for each game situation. This process involves the application of technical, strategic, and psychological knowledge to make effective decisions during the game.

Some factors that influence the tactical thinking of basketball players include:

- Physical, technical, and mental levels: Practicing sports contributes to increasing players' physical, technical, and mental levels, which facilitates their ability to analyze and resolve situations on the playing field.
- Experience and training: Sports experience and tactical training are essential for developing tactical thinking in players. These factors allow players to identify and address game situations effectively.
- Tactical Control: Players' ability to control and adapt to their team's tactics is crucial to success in basketball. This involves analyzing and responding to opponents' actions and adjusting to the team's offensive and defensive strategies.
- Assessment and improvement: The periodic application of controls and procedures for the evaluation of players' physical, technical, tactical, theoretical, and psychological preparation is essential to improving their tactical thinking.

“Sports practice requires that tactical preparation be presented as a preparation unit that aims to develop and perfect the motor habits required for the chosen sport, to assimilate new and more complex motor actions, and to specialize the athlete in the competitive exercises of the sport.” Forteza, A., Ranzola, A. (1998)

The methodological principles of tactical training are described by Mahlo F, (1969):

- Principles of systematization.
- Principle of the alternating nature that behavioral training should have in tactical training.
- The principle of the unity of elementary tactical formation and complex tactical formation.
- Principle of the unity of individual tactical formation and collective tactical formation.
- Principle of the unity of theoretical tactical training and practical tactical training
- Principle of the optimal synthesis of induction and deduction

Sports training exercises must have certain characteristics to facilitate the learning of tactical decisions for immediate execution:

- Work on specific situations and elimination of interfering stimuli.
- Setting objectives and specific rules for the exercise.
- Many opportunities for the decision to be made in the presence of appropriate antecedent stimuli.
- Verbal and non-verbal behavior of the coach, focused on the target decision.
- Frequent use of decision logging.
- Application of reinforcement and punishment.
- Progressive increase in the difficulty of the exercises.
- Progressive amplification of signal stimuli.

Types of basketball players. The point guard

In a basketball game, each team is represented by five players. They don't roam freely around the court, but rather maintain their positions. That is, they occupy a specific spot on the court and fulfill a series of assigned roles. Depending on each player's skills and strengths, they can play shooting guard, point guard, small forward, power forward, and center, and consequently make decisions during the game.

The point guard, also known as a point guard, plays a crucial role in the game of basketball. This player is responsible for directing the team's offense, organizing plays, distributing the ball, and making tactical decisions on the court. The characteristics of a point guard are fundamental to the team's success and include technical skills, leadership, game vision, and the ability to make quick and accurate decisions.

According to Pardo Hernández, RJ (2020) in basketball, to refer to the player who occupies the point guard position, you can also say the one who plays as one, that is, the number one is associated with the point guard position. The main job of a point guard is to facilitate scoring opportunities for their team or sometimes for themselves. The point guard is like a coach on the floor, who can handle and distribute the ball to their

teammates. This involves setting up plays on the court, getting the ball to the teammate in the best position to score, and controlling the pace of the game. A point guard must know when and how to instigate a fast break and when and how to initiate coached plays. Point guards are expected to be vocal leaders on the floor. A point guard must always be aware of the times on the shot clock and the game clock, the score, the timeouts remaining for both teams, and so on.

After an opponent scores, it's typically the point guard who brings the ball up the court to begin an offensive play. Passing skills, ball handling, and court vision are crucial, as is speed, since for a point guard, speed allows them to create separation and space off the dribble, giving them room to work. Point guards are often judged more by their assist totals than their scoring. Another important evaluation factor is the assist-to-turnover ratio, which reflects the player's decision-making skills. Still, a top-notch point guard should also have a reasonably effective shot.

In basketball, from a physical standpoint, having above-average size (height, muscle) is considered advantageous, although size is secondary to situational awareness, speed, quickness, and ball-handling skills. Shorter players tend to be better dribblers, as they are lower to the ground and therefore have better ball control.

Point guards don't usually stand out for their size or height, but rather for their skill with the ball and agility in their movements, with dribbling and passing being their greatest assets.

In general terms, in basketball, the functions of the point guard can be summarized as:

- Bringing the ball up: The point guard is the person in charge of dribbling the ball into the opponent's half. The point guard needs to be a good dribbler and have excellent ball control.
- Organizing the team: One of the point guard's responsibilities is to call plays and organize the team offensively. He must also be able to select the appropriate play based on the game situation and the players on the court.

- Leading the team: A point guard must be a team leader so that the rest of the players follow him and he is able to lead the team. It is said that the point guard should be an extension of the coach on the court.
- Creating opportunities for teammates: The ideal point guard is one who is not only capable of creating shots himself, but also creates easy shots for his teammates. Therefore, it's very important for the point guard to have excellent vision and pass well.
- Launching the fast break: Typically, when a player grabs a defensive rebound, he or she will look for the point guard to bring the ball up. In this sense, the point guard must offer himself and try to make quick transitions to the opposing team's half to take advantage of the fact that the other team isn't organized defensively.
- Recovering balls: The point guard is usually the player who recovers the most balls due to his agility. A high-level point guard is also capable of organizing the team on defense.

As you can see, a point guard performs many tasks during a game, so he plays a very important role within the team. For this reason, he must possess specific qualities that other players don't necessarily need, such as:

- Ball control: A good dribbling ability is essential for this basketball position, as the player must be able to easily bring the ball up the opponent's court. Furthermore, good ball control will minimize turnovers during the game.
- Passing Ability: Point guards must know how to make all kinds of passes to create easy shots for their teammates. Keep in mind that passing is key to making plays that take advantage of the team's strengths and the opponent's weaknesses. In English, a point guard must have a high basketball IQ (Intelligent Quotient).
- Good defense: Point guards usually have great defensive ability, as they tend to be fast and agile. This allows them to pressure the opposing point guard while bringing the ball up and make many recoveries throughout the game.

- Height: Point guards are usually the shortest on the team. At the professional level, a point guard is around 1.90 m tall and a point guard is 1.75 m tall, but in lower categories, they tend to be shorter.
- Good shooting: Professional point guards typically possess excellent shooting technique and a high outside shooting percentage. This characteristic is important because it allows them to score points despite their height.
- Intelligence: To properly organize the team, it is essential that the point guard be an intelligent person.

Monitoring the performance of the base players:

Basketball is a dynamic sport in which tactics play a key role, as the uncertainty created by the variability of offensive and defensive actions, as well as the responses to them, are present throughout the match. This requires coaches to constantly monitor tactics in order to make the necessary adjustments to the training process and the competition.

According to López Mursuliz, A., Peña Peña, Y., Govea Macías, CA, (2022) , control allows to verify the mastery and development of the knowledge and skills of athletes in a given stage or period. In the same vein, they consider it vitally important for coaches to keep track of their processes, in order to improve the planning and work carried out in training categories in basketball.

It is important to note that tactical performance assessment is generally limited to observing a small number of factors, and not always the most relevant ones. Aspects indirectly related to tactical performance are frequently considered as tactical indicators, and quick and easy-to-obtain indicators are often selected, even though they only offer a partial view of the team's offensive tactics. Acebo-Calderón, RD, Alcívar-Molina SA, (2021)

According to Valero Inerarity, A., Hernández Garay, A., Sánchez Oms, A., García Vázquez, LA, Gutiérrez Pairo, M., & Bermúdez Chaviano, M. (et, al) (2020), in Basketball the periodic application of controls and procedures for the evaluation of tactical

preparation is essential to achieve sporting success, and allows the evaluation of the athlete's performance in the different actions of the game that is built on the basis of conditional and coordinative physical capacities .

This group of authors believes that basketball requires the search for solutions, the knowledge of theory in order to be able to apply, through science, the best experiences that allow, based on knowledge tests, to control the tactics of the base players in this sport, and that the aspects listed below offer information on the player's tactical knowledge.

- Players must understand the competition regulations and the rules of the game, and know how to use them to resolve individual and team tactical situations.
- Players must possess a broad knowledge base of game management skills, enabling them to execute individual and team tactical actions with optimal results and to achieve correct tactical behavior.
- The player must know the tactical rules for executing actions of the same type, rules that refer to the basic modes of conduct of each sport.
- The player must know the interrelationships between tactics, technique, condition, temperament and volitional qualities.
- The athlete must understand and apply the principles of economy, variety, elegance, and collectivism to organize and conduct the competition.
- The player must possess theoretical knowledge about the perception process, situation analysis, and mental solution to the task.

Conclusions

Basketball tactics are the rational adoption of individual, group, and collective actions during the fight against the opponent, with the goal of achieving the maximum result and allowing the evaluation of the athlete's performance in the different actions of the game.

The point guard is the team's best passer and ball handler. He's usually the player who leads the game in assists and steals. They must be quick and capable of shooting both from inside and outside the three-point line. They are considered the personification of the coach on the court. They are responsible for directing and organizing the team.

Monitoring is one of the functions of the sports coach, allowing them to gain feedback on the athlete's readiness. The closer the tests used are to actual game situations, the more objective and comprehensive the information obtained.

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