

REVIEW

on

the dissertation work of **YAVOR GEORGIEV ASPARUHOV**

on the topic:

"DEVELOPMENT OF SPEED AND STRENGTH ABILITIES FOR YOUNG BASKETBALL PLAYERS"

for acquiring the educational and scientific degree "Doctor" in the professional field 7.6.

Sports, Doctor program – Theory and Methodology of Sport Science

Scientific adviser: Assoc. Prof. Mariana Borukova, Ph.D.

Relevance of the problem

The problem of developing and improving speed - strength abilities in adolescent athletes is always a topical issue in the science of sports training. As the doctoral student himself emphasizes, the basketball specialists are impressed by the fact that after the age of 14, on a European and global scale, the colleagues of the Bulgarian athletes significantly surpass them in all aspects of sports training. This mainly refers to their physical fitness and the level of specific basketball working capacity - speed - strength endurance.

Practical applicability

The development and implementation of specialized programs for the development of speed and strength abilities in adolescent basketball players is in the interest not only of their future development, but also leads to the improvement and enrichment of the sports methodology in basketball.

To improve the speed - strength potential of adolescent basketball players, the issue of the dosage of training loads and the planning of work for speed is of particular importance for the performance in the basketball game.

On the structure of the dissertation

The dissertation covers a volume of 200 pages, including the bibliography and appendices, which include a questionnaire and a description of the exercises used. It is composed in a balanced way in four main chapters and in accordance with the requirements for this type of scientific research. It is richly illustrated with 40 coloured figures and 25 table.

On the content of the doctoral thesis

My overall final assessment of the dissertation is positive, and it is based on several contributing points in the chapters, which I will point out below.

What makes an impression:

First, the current and very timely chosen topic of research, aimed at developing and improving training methods, in this case for development of speed and strength abilities in young basketball players.

Second, the well-developed literature review of the pages of the first chapter based on 181 literature and Internet sources and the modern critical presentation of the factological processes related to:

a / The development and modern presence of basketball in adolescents, as well as characteristics of motor activity in basketball.

b / Peculiarities of the periodization for adolescent basketball players and nature and characteristics of the speed-power abilities.

c / Development of speed and strength abilities in 15–16-year-old basketball players and their influence on technical and tactical skills and habits.

d / The logically derived hypothesis of the research, actually feasible and confirmed later in the third chapter.

The literature analysis can be a good basis for changing the current situation and it is necessary to make more efforts to improve the planning, management, and implementation of the training process for adolescent basketball players.

A good idea is made by subchapter I.3, which presents interesting facts about the periodization of sports training, based on literary sources from recent years by authors such as V.B. Issurin, Tsv. Zhelyazkov, D. Dasheva, Ts. Tsankov, Kr. Tsarov et al.

Third, correctly defined goal and six main tasks of the research in the following main directions:

a. Establishing the state of the researched problem (according to literature data and documentary sources).

b. Survey of the opinion of the specialists about the annual planning and the peculiarities of the work for the development of the physical qualities for adolescent basketball players.

c. Gathering information about the level of physical development and the specific working capacity of 15–16-year-old teenage basketball players and revealing the specific features of this age group.

d. Establishing the effect of the specialized methodology on the speed and strength abilities of adolescent basketball players.

e. Discovering the factor structure and identifying the main factors of physical development and the specific working capacity of 15–16-year-old basketball players at the beginning and the end of the study.

f. Point out the methodological recommendations for improving the physical training of 15–16-year-old basketball players.

Fourth, the research methodology used is adequate for the tasks. Defined object, subject and sample of the research. Detailed, organized and conducted sports-pedagogical experiment, by testing with 20 standardized and reliable tests. Performed survey with 37 basketball coaches. Successfully selected and applied modern mathematical and statistical methods.

65 adolescent basketball players aged 15-16 were tested in several stages.

The study was conducted during the period 2018-2020. I consider the fact that the last year - 2020 was a special year of COVID-19 influence and probably this did not allow the doctoral student to expand the sample size.

In the analysis of the results on the pages of the third chapter we can note the following positive points, some of them of a contributory nature:

1. The survey shows that Bulgarian basketball coaches underestimate the importance of control in the annual training cycle and define as medium and low the level the speed and strength training of young athletes for the respective age groups.

2. The comparative analysis revealed the significance of the differences in the studied parameters for adolescent basketball players at the beginning of the study, which are evidence that basketball players from EG and CG do not differ significantly in their physical development as the control group is statistically significantly better than the experimental group on the features related to speed capabilities, rapid movement on the field with a change of direction without the ball, the explosive force of the upper limbs and shoulder girdle, as well as the strength of the abdominal muscles.

3. The positive influence of the specialized training methodology for the development of speed and strength abilities in adolescent basketball players aged 15-16 has been established.

4. The correlation-factor structure of the physical development and the specific working capacity of adolescent basketball players, before and after the tested training program, is revealed. Speed shooting in motion, when performing penalty kicks, and height and weight indicators are a prerequisite for higher results for triple jump. At the end of the experiment, the speed-strength abilities are crucial and again the height-weight indicators are a prerequisite for higher achievements, but when throwing a solid ball - forward.

5. A model of planning the speed-strength training in the annual training cycle for 15-16-year-old basketball players has been developed. It has been objectively confirmed as successful.

The conclusions and recommendations defined at the end of the dissertation work objectively reflect the research and analytical work performed by the PhD student. They are well formulated and give a finished look to the dissertation. The four methodological recommendations are especially important for the sports-pedagogical practice. They can serve as a starting point for improving the training process with adolescent basketball players by including the developed model for speed and strength training.

I have no significant recommendations and notes to the dissertation work.

No facts of plagiarism and common publications activity.

Three publications on the topic of the dissertation are presented.

The abstract logically follows the structure and content of the doctoral thesis.

Yavor Georgiev Asparuhov was born in 1974. Graduated with a bachelor's degree from NSA "V. Levski" in 1996 with the specialty of basketball coach and physical education teacher. His master's degree is in Pedagogy of Physical Education at SWU "Neofit Rilski". Since 2018 he has been an assistant in basketball at the BVH Department of NSA "V. Levski". Yavor Asparuhov is one of the most successful basketball coaches in Bulgaria, starting his long career in 2004 and has consistently been a coach in Kyustendil, Buba Basketball, Lukoil Academic, PBK-Levski, PBK-Lukoil Academic, BC Beroe "of

adolescents, juniors and men. In the period 2016-2019 he was assistant coach of the National Team - Men of Bulgaria.

In conclusion, the presented dissertation is topical and dissertable and contains all the necessary qualities. The idea is good and the tools for implementation are selected appropriately and have a practical application. This gives me reasons to propose to the respected members of the scientific jury to award the educational and scientific degree "Doctor" in the professional field 7.6. Sport, doctoral program - Theory and methodology of sports science of Yavor Georgiev Asparuhov.

12.05.2021

(Prof. D. Dasheva, DSc.)