

## REVIEW

for the qualities of the doctoral thesis on the topic:  
***"Development of the speed and strength abilities in young basketball players"***

for awarding of the educational and scientific degree ***"Doctor"***  
in the field of higher education: ***7. Health and sports,***  
professional direction: ***7.6 Sports,***  
doctoral program: ***"Theory and methodology of sports science"*** of

***Yavor Georgiev Asparuhov,***  
PhD student at the ***Department of Basketball, Volleyball, Handball***  
of NSA ***"V. Levski"***

Scientific adviser: ***Assoc. Prof. Mariana Borukova, PhD***

Bulgarian sport, as an element and part of the overall socio-economic conditions of the country, has endured all the difficulties of the transition. Bulgarian basketball is going through a painful period, in our quest to catch up. For all of us - scientists, coaches and teachers, it is clear that the work to overcome the crisis in sports and in particular - in basketball, must begin with updating the emphasis in working with young athletes - from selection, through initial sports training, to sportsmanship. These are some of the problems that our sports science must solve. Slovenia, Croatia, Serbia and other well-established basketball schools are examples of how European and world-class players can be created with the same human resources.

The problem of developing of the speed and strength abilities in adolescent basketball players is especially relevant today and therefore the scientific research and activity of the doctoral student on the subject I consider commendable and timely.

### **Details of the procedure**

Yavor Asparuhov is enrolled as a doctoral student in independent training in the field of higher education 7. Health and sports, professional field 7.6. Sports, doctoral program "Theory and Methodology of Sports Science" at the Department of "Basketball, Volleyball, Handball", as of March 13, 2019. He is released on March 2, 2021 with the right to defense after a successful internal discussion of the dissertation on the topic: "Development of the speed and strength abilities in young basketball players" with supervisor Assoc. Prof. Mariana Borukova, PhD.

No procedural violations were committed during the doctoral candidate's training. The doctoral student has successfully completed the requirements of the Law for development of the academic staff in the Republic of Bulgaria and of the Regulations for implementation of the law of NSA "V. Levski".

### **Data for the doctoral student**

Yavor Asparuhov graduated with a bachelor's degree from the National Sports Academy with the qualifications of "basketball coach" and "physical education teacher". After graduating, Yavor Asparuhov worked as a teacher and coach for 12 years (from 2002 to 2014) with all age groups of the male part in "Buba Basketball", "Lukoil Academic", PBC "Levski" and others. From 2014 to 2018 he was an assistant coach of „Lukoil Academic“ and „Beroe - Stara Zagora“, with the main activity being assistant and sports analyzer.

Since 2017 he has been a part-time basketball teacher at NSA "V. Levski", and since 2018 he has been a full-time lecturer. Between 2009 and 2019 he was assistant coach of the national teams - juniors under 18 years, youth under 20 years and men.

### **Data for the dissertation and the abstract**

The doctoral work, presented for review, is developed on 200 pages, including 25 tables, 40 figures, 5 appendices and a list of references. The development is structured according to the accepted requirements. It is written in good language and the corresponding scientific style and is very well illustrated.

The development has a number of merits that have a contributing character:

- a *serious theoretical study* (based on 181 literature sources, of which 135 in Cyrillic, 39 in Latin and 7 websites) was conducted on the development of modern basketball in adolescents, which allowed the author:
  - to make a characteristic of the motor activity and to reveal the peculiarities of the periodization of the sports training in the adolescent basketball players;
  - to outline the essence and the characteristic features of the speed-power abilities in the age aspect;
  - to reveal the dialectical interrelation between the speed-power abilities and the technical-tactical skills and habits of the young basketball players;
- an *appropriate methodological tools* are applied, allowing to correctly solve the purpose and tasks of the research. The contingent of the survey is sufficiently representative and reveals the peculiarities of the general population to which it belongs - 65 (15-16-year-old) basketball players were surveyed and 37 licensed basketball coaches working with different age groups were surveyed. Appropriate research methods are applied (survey, anthropometry, sports-pedagogical testing and sports-pedagogical experiment). Adequate mathematical and statistical methods were used in the processing of the results (frequency analysis, variation analysis, comparative t-test of Student, Cohen d, correlation analysis, factor analysis and index method);

- the *opinion of the sports pedagogues* regarding the planning of the training process for young basketball players has been studied. When "reading" and commenting on the results of the survey, the qualification and the sports-pedagogical experience of the author are evident, which allows interesting conclusions to be made for the practice;
- especially valuable is the *original adapted training methodology* developed by Yavor Asparuhov, the effectiveness of which has been proven through a correctly organized and conducted sports-pedagogical experiment within one sports-competition year;
- the analysis of the survey results is at a *good professional level* and allows to reveal:
  - the average levels and variability of the examined traits both at the beginning and at the end of the conducted sports-pedagogical experiment, and
  - the peculiarities of the correlation-factor structure of the physical development and the specific working capacity of the 15-16-year-old Bulgarian basketball players;
- the developed *model for planning* within the annual training cycle of the speed and strength training of 15-16-year-old basketball players deserves high praise.

The conclusions and recommendations naturally follow from the analysis of the results and are presented concisely and clearly.

On the dissertation I consider it necessary to share some *remarks*:

- in my opinion, in section 1.4. the author should have emphasized the nature of the speed-power qualities in young players, and in particular in 15-16-year-olds, and so naturally to combine section 1.4. with 1.4.1. to give a tighter finished look to the whole section;

- as for the use of gyms in working with physically and functionally weak young players, I have a definite opinion. One of the main problems of modern fitness training is the injuries they inflict on the joints, especially for 15-16-year-olds, who have not yet strengthened the musculoskeletal system and weak muscles. The body of the adolescent at this age is characterized by significant functional deficits, an indisputable fact that is known to every coach - from that of highly qualified athletes to the coach of adolescents. Opportunities for access to gyms are not a reason to subject children to unnatural for their not yet strengthened physical loads. (Actually, how many teams from the small clubs in the countryside have access to them?). The main methodological principle in the work for the development of the speed and strength qualities in adolescent basketball players is simple: *strength complexes should be composed of exercises to overcome their own weight*. Such complexes have been developed and are available to coaches of young players.

This is not a critique of the PhD student's Methodology, but rather a reminder of him and his younger colleagues, who have excessive expectations for fitness training - they are not a panacea!

All this does not detract from the merits of Yavor Asparuhov's doctoral dissertation.

The abstract is developed according to the requirements and presents correctly the content of the doctorate.

The documents accompanying the work are prepared precisely. The presented publications (3 in number) are related to the developed problem.

The doctoral student has correctly formulated his scientific contributions.

***In conclusion***, I believe that the peer-reviewed scientific work has the necessary scientific and applied value and fully meets the requirements of the Law

on the Development of the Scientific Staff of the Republic of Bulgaria and the Rules of the NSA "V. Levski" for awarding the educational and scientific degree "Doctor".

This gives me reason to confidently declare my *positive vote* for awarding *Yavor Georgiev Asparuhov* the educational and scientific degree "*Doctor*" in the field of higher education *7. Health and Sports*, professional field *7.6. Sport*, doctoral program "*Theory and methodology of sports science*".

**09.05.2021.**

**Sofia**

**Reviewer: .....**

**(Full Prof. Kr. Tzarov, PhD)**