

## **Special Issue Call for Papers**

### **“Basketball Strength and Conditioning: A Look at Current Trends”**

#### **Guest Editors:**

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**D**ear Researchers and Scholars,

Basketball athletes must possess proficiency in various physical variables and motor abilities, such as speed, strength, and endurance, to effectively address the multidimensional demands of competition, encompassing physical, technical, tactical, and psychosocial aspects. The role of strength and conditioning professionals in basketball is pivotal for athletes' preparation, employing diverse strategies and methods both on and off the court. By maximizing athletic skills and minimizing injury risks, athletes not only enhance their availability but also improve overall performance. Therefore, systematizing the approaches used, including understanding of the acute and long-term effectiveness of different training methods, correlations among distinct physical capacities and performance metrics, and the requirements of basketball-specific drills, practices, and competitions, can contribute to enhancing existing practices and advancing the game.

In recent years, the popularity of 3 x 3 basketball has significantly increased, and in 2017, this sport discipline was included in the Olympic Program. Considering that 3 x 3 basketball is a relatively new and rapidly developing sport, there are limited data related to the physiological and locomotor game demands. Moreover, a significant increase in the competition level makes it necessary to look for new training methods to further improve sports performance. Compared to traditional basketball, 3 x 3 is a more intense sport characterized by high workloads over relatively shorter duration. It also differs in terms of technical and tactical requirements due to the duration of single offensive ball possession and the number of on-court players. Considering these

differences in physical fitness, skill-oriented and physiological demands, it seems fully justified to explore the above mentioned aspects of 3 x 3 basketball conditioning.

In this context, this Special Issue aims to disseminate evidence-based training approaches relevant to applied basketball strength and conditioning practices. We invite original articles, case studies, and short reports featuring male and female 5 x 5 and 3 x 3 basketball players across various competitive levels and age categories. Emphasis is placed on studies examining day-to-day practices in strength, power, and speed development and testing, aerobic and anaerobic conditioning, injury risk mitigation, as well as training and match-play analysis. Ultimately, we believe that results from applied research are more likely to be integrated into sports settings, contributing to the enhancement of professional standards in basketball strength and conditioning.

**Keywords:** strength; endurance; power; speed; mobility; injury prevention; warm-up; technology; flexibility, COD

- ✓ Manuscripts should adhere to the Journal's formatting and submission guidelines (<https://jhk.termia.pl/Information-for-authors,3823.html>)
- ✓ We will accept research papers, reviews, case studies, short communications, as well as letters to editors
- ✓ All submissions will undergo a rigorous peer-review process to ensure the highest quality of scholarship
- ✓ Manuscripts should be submitted online through the Journal's submission system (Editorial System)
- ✓ The deadline for manuscript submission is set at October 15<sup>th</sup> 2024
- ✓ Expected publication date for the special issue is set for February, 2025

We look forward to receiving your submissions and creating a dynamic and impactful special issue.

Kind regards,

**prof. Adam Zajac**

**editor in chief**