
WHEN TO TEACH AND WHEN TO TRAIN

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Abstract

In the world of junior sports, in our case basketball, long term projects help to establish a clearer definition of the important steps in the process of strategic and methodological-educational planning. In this arena, further essential support is offered by the study of human auxology and physiology, which enable us to model and refine our educational approaches according to the various age groups involved, and to offer them those inputs which will be most instructive or of which they have greatest need at the time. It should be born in mind that the age range for junior sports encompasses eleven and twelve year-olds to eighteen and nineteen year-olds, in other words the entire period of development to adulthood after the "motor exploration" phase of the under-11s. That is also a period of significant importance for the development of the young person, albeit with different characteristics more amenable to activities geared to play and to developing awareness of oneself in relation to the surrounding environment, which in our case is a movement and sporting environment. The essential psycho-pedagogic and also sociological dimension needs to be duly emphasized as well, although we will consider this separately, and not in the present document. The project we propose aims to define a methodological-didactic and technical-strategic plan, a "consecutio temporum" to enable the work to be carried out with a rigorous scientific attention to the capacities and the abilities of the students, specifying precise educational choices targeted, as and when required, at the particular strengths and weaknesses of the young people at various ages, so as at once to enhance and offset them respectively in our students.

Key words: basketball, junior sports, students.
