

TEAM SPORTS

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1. Introduction

Team sports are defined as the occupation of a community that is created temporarily or permanently to participate in matches and competitions in any sports branch and that struggles for the same purpose with different division of labor in a team spirit (Piko et al., 2006; Şahin, 2006). Various sports branches in which there are some situations such as the fact that more than one person is fighting with an opposing team for a common goal, the ball or similar object crosses the line within a defined limit, the players in the team help each other by passing and fighting, have the feature of being team sports (Karayol, 2013). Especially in our country, it can be said that games such as football, basketball, volleyball and handball are played as team sports (Gürsoy, 2007). This section will cover the most commonly played team sports.

2. Football

Football is the world's most popular sport (Reeves et al., 1999), played in practically every nation at varying skill levels; In general, it is a sports branch in which the physical structure comes to the fore (Özer, 1993), and anaerobic and aerobic systems are activated at a high level (Akgün, 1989). Flexibility, speed, strength, muscular endurance, cardiovascular endurance, coordination, body structure and composition, which are necessary for aerobic and anaerobic efforts in football, play an important role in increasing performance (Kartal & Günay, 1994).

In order for the players to perform high-intensity movements in a quality manner, anaerobic endurance must be developed (Stone, 2009) and aerobic endurance must be developed in order to be able to repeat these movements one after the other without fatigue (recovery) at the high quality (Castanga, 2008). For this reason, performance in football depends on the capacity of the athlete to perform intense exercises repeatedly. Players need to do aerobic and anaerobic training to cope with high-intensity activities. Knowing the physiological demands in football matches is important in terms of what the expected performance from the athlete is, how it should be developed and shaping the training programs to be made (Rampinini, 2009).

In the football branch, where both aerobic and anaerobic systems are at the forefront, the main source of ATP production during a 90-minute match is seen as the aerobic system. The maximum aerobic power determined by the maximum oxygen intake may vary according to the leagues and positions played by the football players. It has been reported that the energy distribution in a football match is 98% aerobic and 2% anaerobic (Bangsbo, 1994).

In the case of physiological factors in the football game, first of all, they should be developed in the required proportions, taking into account the effective energy metabolism and motor characteristics. Then, the football-specific adaptation of these fundamentally developed features should be realized. In other words, physical and physiological training specific to football should be done (Eniseler, 1994).

3. Basketball

Basketball is a game played in two teams of 5 in a limited area, points are scored when the ball passes through the basket and the team that scores the most points wins the match (Kangalgil et al., 2014). Basketball players must be able to run, jump, accelerate, decelerate, and change direction. In other words, the power must be applied in the field as soon as possible and at the most optimal level (Cole & Panariello, 2015). In addition to being an activity where anaerobic power is at the forefront, there is also a harmony between quickness, timing and strength that reveals explosive power. Sportive skill, balance and vertical jump; It is a sport that combines speed, rhythm and timing (Orhan et al., 2008). Although the energy requirement during a basketball game is mainly met by the aerobic system, basketball activity requires a lot of anaerobic energy, which requires special qualities related to short accelerations and jumps (McInnes et al., 1995). Frequent pauses in the match allow the players to recover slightly in the game so that the players can repeat the high-intensity movements over and over (Drinkwater et al., 2008). Physical fitness parameters such as explosive power, reaction time, speed and agility in basketball are skills that contribute to the game with and without the ball. Therefore, it plays an important role in basketball technique and tactics (Erculj et al., 2010).

4. Volleyball

Volleyball is a sport played by two teams on a playing field divided by a net. The aim of the game is to send the ball over the net so that the opposing team touches the ground or makes a mistake on the playing field and prevents the opposing team from achieving the same goal. Teams are allowed to touch the ball three times when sending it to the opposing area (Falk et al., 1996).

Factors such as quick decision making, reaction, jumping and displacement are at the forefront in the game. As in other sports branches, volleyball is considered as a complex game that is affected by various factors such as physiological, technical, psychological, nutritional status and tactics (Uluöz, 2015). Volleyball is a combat sport whose technical and physical qualities differ according to the positions played by the athletes. One reason for the interest in volleyball is the constant variability in the score. The physical strength and ability to control the ball, blended with technical skills, has revealed volleyball, which is an enjoyable sport to watch (Kanbur, 2010).

The volleyball athlete must exhibit biomotor features such as strength, speed, endurance, quickness and flexibility, which are necessary for the movement patterns exhibited in volleyball sport, at sufficient levels. On the other hand, high levels of skill and coordination are needed to perform basic skills fluently and synchronously (Mavili, 2011).

5. Handball

Handball is a team game in which 2 groups of players play friendly in order to get ahead of each other by observing the game rules of handball sport (Albay et al. 2008). Like all other team games, handball is a sport that requires playing fast and observing the rules within the specified game time. For this reason, in sporting success, the athlete's main motor qualities such as speed, strength, mobility, endurance, ability and coordination, as well as technique, tactics, experience, etc. parameters are very important (Eler & Bereket, 2001).

In handball, a sport in which aerobic and anaerobic power are used together; The main elements of physical fitness can be listed as endurance, flexibility, strength and speed.

The ratio of the mentioned motor qualities in a handball player is; It can be listed as 25% speed, 15% endurance, 10% general strength, 20% special jumping and shooting power, 15% flexibility, 15% coordination level (Bilgin,1995).

Handball players must have high aerobic and anaerobic endurance capacities. Since handball is played on a small court and accompanied by a small ball, it is considered a fast team game. For this reason, it is extremely important for handball players to have high aerobic and anaerobic endurance performances in terms of match performance (Koç,2010).

In summary, team sports are sports branches where high-intensity activities and complex biomotor abilities are used together. In order to be successful in team sports, athletes need to be involved in high-sustainability plans by carefully following both their training programs and body compositions. A versatile evaluation of performance limits will contribute to success at the point of sportive performance.

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