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## COMPLEX TRAINING IN BASKETBALL

### **Summary**

*A complex training is aimed for well-prepared athletes. The regularity of doing exercises must be performed at a high level because lack of performing exercises according to technical rules can result in injuries. The complex training consists of the Olympic weight-lifting exercises (squat, clean, snatch, jerk, dead lift...) which usually represent the first component, more intensity, while the second component (less intensity explosively performed but stronger stress upon the nervous system and locomotive apparatus) is represented by plyometric exercises of high intensity (depth jump, jumping with low weights, throwing...).*

**Key words:** *basketball, training, weight-lifting, plyometric*

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