INTERDEPENDENCIES BETWEEN DEFENCE AND OFFENCE IN BASKETBALL

Abstract
The aim of this investigation was to determine and explain the interdependencies between transition and positional defence and offence in elite European basketball. The sample included 24 games from the 2009/2010 Euroleague Top 16 championship season. The sample consisted of 1606 defensive plays and 1637 offensive plays. The nonstandard game-related indicators included were 8 variables related to the total number of successful and unsuccessful transition/positional defences and offences. A series of multiple regression analyses were performed separately for indicators related to successful outcomes and to unsuccessful outcomes. The results confirmed beyond doubt that offence and defence are interrelated and indivisible phases of the basketball game. More explicitly, successful transition offence appears to be based on successful positional and transition defence ($R^2=0.84$). Successful transition defence begins with ball possession (in transition or positional offence) and is highly determined ($R^2=0.84$) by their success. In contrast, results suggest that successful positional and transitional offence provide confidence and increase motivation in playing successful positional defence ($R^2=0.95$). Furthermore, successful positional and transition defence, even in situations where a fast break is not an option, appear to facilitate successful positional offence ($R^2=0.95$). Corresponding conclusions for unsuccessful outcomes were also reached. Obtained results suggest that in the situational training process one should develop tactical systems in all game phases in a balanced manner.

Key words: basketball, nonstandard situational indicators, transition, position, game indivisibility