

IN-SEASON WORKLOADS BY SESSION TYPE AND PLAYING STATUS IN A COLLEGIATE WOMEN'S BASKETBALL TEAM



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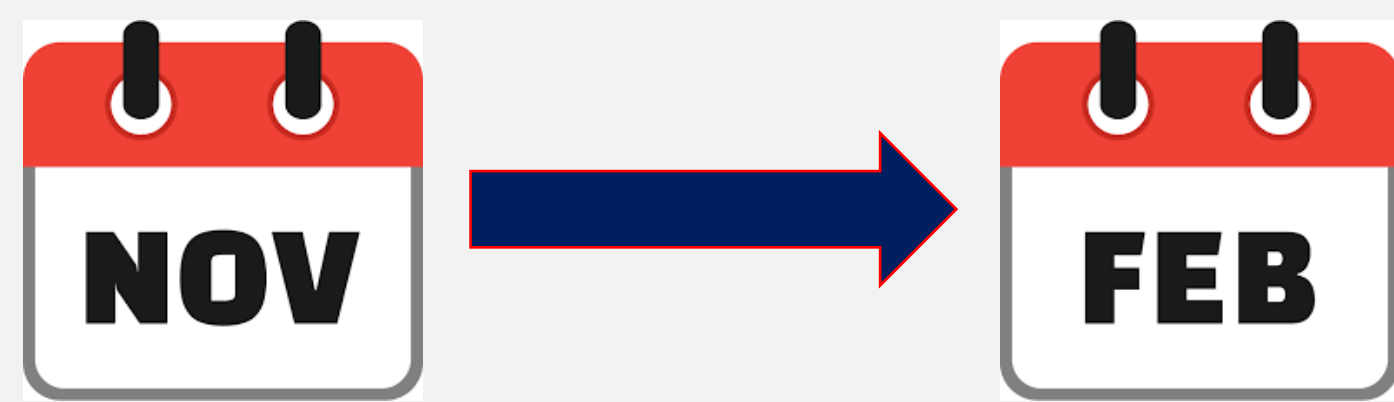
BACKGROUND

Monitoring athlete workloads in-season enables the quantification of training and competition demands, which may be used to inform decisions relative to balancing physical stress and recovery.

PURPOSE

To study workload metrics of a women's collegiate basketball team during practices, pregame sessions, shootarounds, and games.

METHODS



- Playerload (PL)
- Playerload/min (PL/min)
- Explosive efforts (EE)
- Total jumps (TJ)
- High accelerations (Accel)
- High decelerations (Decel)

High-Minute Players
(>15min/game)
vs.
Low-Minute Players
(<15min/game)



RESULTS

- Workload metrics for high- and low-minute players for all session types are shown in Table 1.
- GameDayAcc metrics for high- and low-minute players are shown in Table 2.
- GameDayAcc workloads were significantly higher for high-minute players than low-minute players ($p < 0.01$; $\eta^2 = 0.03-0.15$)
- High-minute players had greater PL and PL/min, but fewer jumps in games compared to practices.
- For low-minute players, all workload metrics were higher in practices than games.
- Despite high-minute players encountering higher workloads during games compared to low-minute players, they were also exposed to higher workloads during practices compared to low-minute players

Table 1. Workload metrics for high- and low-minute players for all session types.

	High-Minute Players (n=8)				Low-Minute Players (n=6)			
	Practice (n=543)	Pregame (n=198)	Shootaround (n=153)	Game (n=199)	Practice (n=261)	Pregame (n=93)	Shootaround (n=71)	Game (n=92)
PL (AU)	544 □ 172	244 □ 66	247 □ 60	585 □ 172	384 □ 165	204 □ 66	173 □ 71	214 □ 138
PL/min (#)	4.7 □ 1.0	4.3 □ 0.8	4.0 □ 0.9	5.3 □ 1.3	3.5 □ 1.2	3.7 □ 0.9	2.8 □ 1.2	1.9 □ 1.2
EE (#)	41 □ 19	7 □ 6	14 □ 10	43 □ 16	33 □ 23	10 □ 8	14 □ 10	15 □ 17
TJ (#)	66 □ 39	53 □ 25	40 □ 16	44 □ 17	48 □ 37	34 □ 20	28 □ 17	11 □ 12
Accel (#)	11 □ 6	2 □ 2	4 □ 3	13 □ 6	9 □ 7	2 □ 3	4 □ 4	5 □ 6
Decel (#)	8 □ 6	2 □ 2	3 □ 2	8 □ 5	7 □ 6	2 □ 2	3 □ 3	2 □ 3
High-minute players p<0.01: PL: Pregame, shootaround < practice < game PL/min: Shootaround < pregame < practice < game EE: Pregame, shootaround < practice, game TJ: Shootaround, game < pregame < practice Accel: Pregame < shootaround < practice, game Decel: Pregame < shootaround < practice, game					Low-Minute Players, p<0.01: PL: Shootaround, pregame, game < practice PL/min: Game < shootaround < pregame, practice EE: Pregame, shootaround game < practice TJ: Game < shootaround, pregame < practice Accel: Pregame, shootaround, game < practice Decel: Pregame, game, shootaround < practice			

Table 2. GameDayAcc metrics for high- and low-minute players.

GameDayAcc Metrics	High-Minute Players (n=8)	Low-Minute Players (n=6)
PL (AU)	958 □ 296*	717 □ 256
EE (#)	58 □ 24*	49 □ 30
TJ (#)	126 □ 44*	88 □ 41
Decel (#)	12 □ 6*	8 □ 6

* Significantly higher compared to low-minute players ($p < 0.01$)

CONCLUSIONS & PRACTICAL APPLICATIONS

- High-minute players had higher GameDayAcc, game, shootaround, pregame session, and practice loads compared to low-minute players.
- It is recommended that high-minute players receive adequate recovery, while low-minute players receive additional exposures to game-load stresses to ensure they are maintaining appropriate fitness levels for game scenarios.

