

REFERENCES

- Álvarez-Menéndez, A. I., García-Ramos, A., & Pérez-Castilla, A. (2025). Effects of eccentric-focused strength training on force absorption and deceleration performance. *European Journal of Applied Physiology*, 125(2), 345–357. <https://doi.org/10.1007/s00421-024-05432-1>
- Arazi, H., Asadi, A., & Young, W. B. (2022). Effects of plyometric training on basketball athletic performance: A systematic review and meta-analysis. *Journal of Sports Sciences*, 40(12), 1321–1334. <https://doi.org/10.1080/02640414.2021.2016735>
- Arede, J., Wells, J., Williams, M., García, F., & Schöllhorn, W. I. (2025). Effects of differential training on physical performance in basketball athletes. *Journal of Functional Morphology and Kinesiology*, 10(3), 323. <https://doi.org/10.3390/jfmk10030323>
- Asadi, A., Arazi, H., Young, W. B., & Sáez de Villarreal, E. (2021). The effects of plyometric training on change-of-direction ability: A meta-analysis. *International Journal of Sports Physiology and Performance*, 16(9), 1247–1257. <https://doi.org/10.1123/ijsp.2020-0555>
- Bahr, R., Clarsen, B., & Ekstrand, J. (2023). Why injury prevention matters in elite team sports. *British Journal of Sports Medicine*, 57(4), 219–223. <https://doi.org/10.1136/bjsports-2022-105931>
- Bishop, C., Turner, A., & Read, P. (2022). Effects of inter-limb asymmetries on athletic performance. *Strength and Conditioning Journal*, 44(2), 18–28. <https://doi.org/10.1519/SSC.0000000000000670>
- Brini, S., Boullosa, D., Calleja-González, J., Ramirez-Campillo, R., Nobari, H., Clemente, F. M., & Ardigò, L. P. (2023). Neuromuscular and balance adaptations following basketball-specific training programs. *PLoS ONE*, 18(3), e0283026. <https://doi.org/10.1371/journal.pone.0283026>
- Cao, W., Guo, G., Sun, L., & Liu, Y. (2024). Effects of plyometric training on physical fitness in female basketball players: A systematic review and meta-analysis. *Frontiers in Physiology*, 15, 1390021. <https://doi.org/10.3389/fphys.2024.1390021>
- Chaabene, H., Prieske, O., Negra, Y., & Granacher, U. (2020). Change of direction speed: Toward a strength training approach with accentuated eccentric muscle actions. *Sports Medicine*, 50(2), 249–268. <https://doi.org/10.1007/s40279-019-01189-5>
- Clark, D. R., Lambert, M. I., & Hunter, A. M. (2024). Balance training and neuromuscular adaptations in elite athletes. *Research Quarterly for Exercise and Sport*, 95(1), 112–123. <https://doi.org/10.1080/02701367.2023.2274901>

- Cormie, P., McGuigan, M. R., & Newton, R. U. (2022). Developing maximal neuromuscular power: Biological basis and training considerations. *Sports Medicine*, 52(1), 17–38. <https://doi.org/10.1007/s40279-021-01513-7>
- Dos'Santos, T., Thomas, C., Comfort, P., & Jones, P. A. (2021). The role of eccentric strength in deceleration performance. *Sports Medicine*, 51(4), 709–725. <https://doi.org/10.1007/s40279-020-01365-0>
- Faigenbaum, A. D., Radler, T., & Myer, G. D. (2023). Integrative neuromuscular training for athletic performance. *Current Sports Medicine Reports*, 22(4), 132–138. <https://doi.org/10.1249/JSR.0000000000001015>
- Ferreira, M. B., Oliveira, L. P., & Ribeiro, J. (2022). Sprint performance determinants in basketball athletes. *Journal of Sports Sciences*, 40(15), 1689–1697. <https://doi.org/10.1080/02640414.2022.2039847>
- Gómez-Carmona, C. D., Bastida-Castillo, A., & Pino-Ortega, J. (2022). Movement demands in elite basketball using tracking technologies. *Journal of Human Kinetics*, 82, 203–214. <https://doi.org/10.2478/hukin-2022-0056>
- Haff, G. G., & Triplett, N. T. (2022). *Essentials of strength training and conditioning* (4th ed.). Human Kinetics.
- Hewett, T. E., Di Stasi, S. L., & Myer, G. D. (2020). Current concepts for injury prevention in basketball. *Sports Health*, 12(3), 236–244. <https://doi.org/10.1177/1941738120905146>
- Loturco, I., Pereira, L. A., Kobal, R., & Nakamura, F. Y. (2021). Strength–power characteristics of elite basketball players. *Journal of Sports Sciences*, 39(3), 245–252. <https://doi.org/10.1080/02640414.2020.1824700>
- Maffiuletti, N. A., Aagaard, P., Blazevich, A. J., Folland, J., Tillin, N., & Duchateau, J. (2020). Rate of force development: Physiological considerations. *European Journal of Applied Physiology*, 120(6), 1095–1116. <https://doi.org/10.1007/s00421-020-04381-0>
- Padulo, J., Bragazzi, N. L., Nikolaidis, P. T., & Chamari, K. (2021). Basketball-specific agility and change of direction performance. *International Journal of Environmental Research and Public Health*, 18(5), 2308. <https://doi.org/10.3390/ijerph18052308>
- Read, P. J., Oliver, J. L., De Ste Croix, M. B., Myer, G. D., & Lloyd, R. S. (2021). Neuromuscular risk factors for knee injuries. *Sports Medicine*, 51(2), 257–271. <https://doi.org/10.1007/s40279-020-01349-0>
- Sheppard, J. M., & Young, W. B. (2020). Agility training and testing. *Journal of Sports Sciences*, 38(3), 248–265. <https://doi.org/10.1080/02640414.2019.1672815>

Suchomel, T. J., Nimphius, S., & Stone, M. H. (2022). The importance of muscular strength in athletic performance. *Sports Medicine*, 52(1), 141–158. <https://doi.org/10.1007/s40279-021-01505-7>

Zemková, E., & Hamar, D. (2023). Coordination and balance abilities in elite athletes. *Frontiers in Physiology*, 14, 1189021. <https://doi.org/10.3389/fphys.2023.1189021>



Intelligentia - Dignitas