FACTOR STRUCTURE OF THE PHYSICAL DEVELOPMENT AND SPECIFIC WORKABILITY OF
THE GIRLS FROM THE NATIONAL BASKETBALL TEAMS OF BULGARIA (CADETS)

Abstract
The objective of the study is to disclose the factor structure and identify the basic factors of the physical development and the specific workability of the 14-15-year-old girls, listed in the compositions of the national basketball teams of Bulgaria (cadets) in the period 2010-2012. Object of the study is 55 basketball players-girls, listed in 3 compositions (2010, 2011 and 2012) of the Bulgarian national team for the respective age group under study. For solving the objective and tasks of the study, data for 21 indicators are registered: physical development – 6 indicators; physical preparedness - 8 indicators and technical-tactical preparedness - 7 indicators. The following methods of research are applied: review study, anthropometry and sport-pedagogical testing. The results of the study are processes mathematically and statistically by: variation analysis, factor analysis and the index method. The results from processing the initial data show that for each of the national teams under study (2010, 2011, 2012), 5 basic factors are extracted, which characterise the specific particularities of the respective selection. The analysis shows that the factors extracted, for each of the combinations, explain the rather high percentage of the initial dispersion of the physical development and the specific workability of the basketball players-girls. The revealing of the factor structure can help the sport specialists to optimise the educative-training process with the combination under study.

Key words: basketball, girls, factors, development