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Master's Thesis of Global Sport Management

Successful Role Models of Factors
Among Basketball Players' Development
Programs in Colombia

콜롬비아 농구 선수 개발 프로그램의 성공적인
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Abstract

Successful Role Models of Factors Among Basketball Players' Development Programs in Colombia

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This study was conducted to illustrate the main factors, methodologies and programs that were successful for male basketball athlete development programs in underdeveloped countries. A survey plus discussion suggests how some of these elements could be applied to the Colombian context in terms of youth player development programs for elite basketball competitions.

The objective of the research was to determine the factors and variables present in the development of basketball talent in underdeveloped countries such as Colombia. The method used was a quantitative method, on the ideology to vision a questionnaire that will measure the key component and effectiveness from the development of the preparation. Some of the

previously studied strategies that develop a test that allows to have a clear view of the development of athletes, shows a representative sample of the group to be studied, observing the response and comparing it with the executions of the tasks designed to validate the results obtained.

The responses were compared with the results of previous studies, and as a result, Colombian basketball players think that coaches play a very important role in the development of the athlete both in their sporting and personal dimension, since the young people who participated in this research indicated that it was very important for them to receive the support of the coach when making decisions or overcoming difficulties at the sporting and personal level. In addition, it is found that planning is a key and very important process through which optimal and effective results can be achieved by programming and planning an appropriate methodology to project towards a better future. It is also highlighted the implementation of sports initiation schools as these are of great importance for the training of young athletes, these schools allow to instill values, create good hygiene habits, instill personal care, maintain a balanced state of health, acquire skills and abilities in the practice of a sport and keep children and young people in a healthy environment and away from vices.

With the analyses carried out in this research and by making a comparison with other authors, it can be concluded that for Colombia to take the step to the basketball elite and thus be able to compete at an international level, it is necessary to build a system that executes each of the 6 fundamental factors (Focus on Long term development, Quality Preparation, Communication, Understanding the athlete/Support Network, Challenging

and Supportive Environment, Long term development fundamentals) since these will ensure the elite formation of young athletes. Based on this study, it is recommended to increase the frequency of training sessions (training days) and the duration and hourly intensity of the class, to make a better and more optimal programming in terms of development and sports training process of young people, it is also recommended to place great emphasis on the physical and mental part and implement programs through lectures aimed at both athletes and coaches, on proper nutrition and focus on the importance of keeping in good physical and mental condition.

Keyword: Colombia, basketball, development, improvement, underdeveloped countries, factors, talent athletes.

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Table of Contents

Abstract.....	i
Table of Contents	iv
List of Tables	vi
Chapter 1. Introduction.....	1
1.1 Study Background	1
1.2 Statement of the problem.....	6
1.3 Justification of the problem.	8
1.4 Research Question:	11
1.5 Objectives of the research.....	11
1.5.1. General objectives.	11
1.5.2. Specific objectives.....	11
Chapter 2. LITERATURE REVIEW.	12
2.1. Talent Identification and Development.	12
2.2. Latin American context	23
2.3. Expansion of Basketball.	26
2.4 Sport development in Colombia	29
2.4.1 Elite Sport.....	29
2.4.2. Physical Education	31
2.4.3. Sport for all.....	32
2.4.4. Sport industries, media and public participation.....	33
2.4.5. Sport as an economic sector	35
2.5. The role of the YMCA in Argentina’s basketball history.	36
2.6. Sports Clubs Creation: the cornerstone of Argentina’s success in sports competitions.	39
Chapter 3. METHOD	43
3.1. Research Method - Quantitative Research.	43
3.2. Study Population and Sample.....	45

3.3. Survey Questionnaire	45
3.4. Strategy of Survey	46
3.5. Data Analysis.....	46
Chapter 4. RESULTS.	50
4.1. focus long term development.....	58
4.2. Quality Preparation.....	58
4.3. Communication	59
4.4. Understanding the athlete/Support Network.....	59
4.5. Challenging and Supportive Environment.....	60
4.6. Long term development fundamentals	61
Chapter 5. DISCUSSION	63
5.1. Focus on Long term development.	68
5.2. Quality Preparation.....	69
5.3. Communication.	71
5.4. Understanding the athlete/Support Network.....	74
5.5. Challenging and Supportive Environment.....	76
5.6. Long term development fundamentals.	79
Chapter 6. Conclusions.....	83
6.1 Recommendations	83
References	85
국문초록	91

List of Tables

Table 1. Predeterminant's Factors.....	47
Table 2. Factors and Standards	50

Chapter 1. Introduction

1.1 Study Background

In contemporary Western society, sport is part of our daily lives, a multimillion-dollar business and a great opportunity for physical activity for children and adolescents, with elite athletes being role models for many of them.

If it is observed in a deeper way, it can be seen that all elite athletes were once children, and that they have come a long and hard way before reaching the top. What was the main feature in their successful development towards specialization? One way to find answers to this interesting question is to ask current elite athletes directly, simply to inform us retrospectively about what they have done in their lives. They would probably tell us that they have devoted most of their time, energy, resources and effort, to the goal of becoming the best. However, this still leaves us with the question of how to identify and empower young athletes who have the potential to become excellent when they are older. Predicting long-term success is extremely difficult, and the most successful athletes are not necessarily the ones who excelled the most in youth competitions.

There are many variables involved when it comes to explain this; factors related both to the athlete (such as learning rate, formation and maturation of anthropometric, physiological, technical, tactical and psychological characteristics), and to the environment (the opportunities created by parents, coaches, talent development programs, competition structure), and to all this added a component of chance. For example, it is generally known that body size is related to athletic performance and that young athletes with advanced levels of maturity (sexual, bone age) are, on average, taller than their peers who take longer to reach maturity. Therefore, in youth sports competitions, more mature athletes perform better. This, however, is only a temporary advantage, because as the end of adolescence approaches, height differences between athletes are negligible and performance becomes dependent on other things.

There is a general belief regarding the time you need to invest based on a Best Seller book called “Mastery” by Robert Greene and is that it takes at least 10,000 hours of practice over a 10-year period to become experienced. This means that talent identification in most sports has to take place during the athletes' growth into adolescence. But studies on the relative age effect support the idea that, in reality, many young athletes are identified as talented on the basis of their current performance-at that time-rather than their future

performance potential, consequently, those who are better athletes in youth are the ones who are invited to join talent development programs or selection teams. This implies that in our talent identification system, we systematically and mistakenly miss talented athletes who may not be the best at the time but nevertheless have the potential to be the best in the future. Furthermore, by not selecting these athletes, we are not able to offer this forgotten group improved training facilities and programs, highly certified instructors and high-level medical supervision; and eventually these potential talents may end up being lost.

Over the past decade, more than 1000 talented athletes identified in a wide variety of sports, including soccer players, field hockey players, basketball players, artistic gymnastics, tennis players, and speed skating, have been followed in the Groningen talent studies. These studies revealed that to reach the expert level, athletes have their own unique developmental patterns. For example, although on average successful soccer players (i.e., those who sign a professional contract) seem to have acquired better technical skills by the age of 14 years, developed their endurance capacity in the age range of 15 years, and surpassed amateurs for their tactical skills by the age of 17 years, individual developmental curves differ from each other. This is in line with recent recommendations to avoid the notion of common optimal performance

development, and instead use individual-specific pathways to reach the expert level.

Yet, several studies clearly show that what successful future athletes have in common is their ability to get more out of the same amount of training hours. As a result, they are better able to constantly improve. They take responsibility for the progress they make and score higher on aspects of self-regulation of learning, such as reflection and effort. This means they can set more realistic and clearer goals, are more aware of their strengths and weaknesses, and are more willing to push themselves in training and competitions.

With world records being consistently broken, young athletes trying to reach the top must be aware of the increasing demands of their sport and what it takes to be the new Leo Messi or Rafa Nadal. In sport the time available to reach an elite level is the limiting factor due to aging processes that progressively cause performance to decline. That is why it is so important to identify early the potential for future development in order to improve in training and competition as much as possible. In other words, with so few trains of opportunity passing by, young athletes must take responsibility for their own development process and direct their attention to the quality rather

than the quantity of their training. We can help provide a challenging environment for young athletes to dedicate their lives to realizing the dream of becoming the best, but we must avoid as much as possible excluding young people based on their current level of performance.

The focus should be on the future potential of young athletes to develop as experts, not on present performance, as this may be due to a maturity effect. By monitoring their learning, training and maturation in relation to their personal performance characteristics (anthropometric, physiological, technical, tactical and psychological), we will be able to guide them towards their goal more effectively.

In recent years there has been evidence of the growth of basketball in Colombia, with the strengthening of the National Sports Games, the creation of the semi-professional women's Special Cup, the professionalization of the men's DirecTV Cup, the increase in the coverage of pony basketball, the consolidation of the TYE National Cup of clubs, the formation of the National Amateur Basketball League LNB, in addition to the increase in budget to the Supérate program. All this leads to the sport planning processes to vary and adapt to the new reality of basketball, managing to understand the

management of the various factors of the planning of the different coaches in Colombia.

Currently it's possible to identify the main planning methodologies carried out by coaches of different university and professional teams in Colombia, observing that the most used are the traditional models of periodization, in terms of duration of training plans the model that is followed is the medium-term planning followed by long-term planning. In terms of the duration of the training period, it can be seen that the processes with the longest duration are the pre-competitive ones, followed by the preparation phase and finally the transitional stage. It is also identified that the competitive phase is the one with the most training sessions per week, all this defines the training process of most of the teams in Colombia, where the main basis of sport growth is competition.

1.2 Statement of the problem.

During a long basketball career as a player, and due to the experience of competing on a national team level, I have gained a huge amount of knowledge and understanding about the most striking aspects of this sport, not only in terms of skills and strategies but also in the administrative field.

Basketball has played an important role in my life since it has provided me with the opportunity to develop a career as an elite athlete as well as receiving high level education through a fully-paid scholarship that was granted to me from one of the top ranked universities in the United States: the University of Texas, which is also considered a Basketball powerhouse thanks to the strength of their developmental program for young basketball athletes which has produced NBA all-star players such as Kevin Durant and Lamarcus Aldridge among others.

During my stance in the United States, my skills as a player increased significantly due to the high level of competition against great players and NBA draft prospects, being coached by experienced and knowledgeable staff, and also, by being held to high academic standards; all of these factors contributed to my growth as a well-rounded athlete and person. This experience provided me with a whole new perspective on this sport not merely as an extra-curricular activity but as a legitimate way of life. I can assure, from the knowledge and insights I have been gathering throughout the years, that sports can help children and young adults construct and build on their dreams, which made basketball become my main purpose in life.

The experience of having the opportunity to receive an outstanding education both in the sport and academically, made me realize the huge gap that exists between players from the USA and the ones from my country, Colombia; where there is an incredible amount of young talent that is often wasted because of the lack of possibilities they face when it comes to adopt an sport as a professional career in an underdeveloped country. At that time, I came to the conclusion that USA was such a dominant team in Basketball because of its condition of being a developed country and a world power in many fields including sports.

1.3 Justification of the problem.

The planning and structure of sports training is the result of the thinking and characteristics of the coach, whose thinking must be very well structured and planned to avoid improvisation, he must integrate the knowledge in a structural and organized system as close as possible to the studies or research carried out by science and technological advances. In addition, the planning of sports training is of great importance since it is the organization that most influences the stage of sports preparation. It is essential that structure and planning are the most important factors in the sports preparation process, making it clear that both are different but complementary.

Structuring and planning training through sessions, microcycles, and macrocycles is of vital importance since they allow us to direct these training plans rationally, fairly and equitably, guaranteeing high rates of development. Another fundamental part of this sports training is the application of scientific knowledge and technological advances to training, since this way, we will obtain better results than planned. It should be taken into account that a good training structure not only allows to maintain high performance, but also helps to raise it. Regarding basketball, it is important to study the characteristics of the players by positions in a systematic way, since these elements can modify the training and the action inside the game field. According to specialists, the success of basketball teams in games, to a large extent, is determined by the effectiveness of the player with little presence of fatigue, this is obtained with optimal physical preparation. For this reason, it is of vital importance to evaluate the skills in scientific systems, because the more information we can have about the athletes, the better will be the planning of the training programs.

In Colombia, basketball has produced important results at the international level, participating in South American, Central American and Caribbean tournaments, obtaining gold, silver and bronze medals. An investigation carried out on the development of women's basketball in

Colombia [1] shows that players are currently participating in different international leagues such as the Argentinean, Ecuadorian, Australian and Spanish leagues and many of them are looking for a path to the WNBA (Women's National Basketball Association), showing the potential that women's basketball has. Due to these results, the Colombian Basketball Federation (Fecolcesto) has created a competitive calendar that keeps the players in a constant rhythm of competition, making invitational stops in the main cities of Colombia such as Bogota, Medellin and Cali. Despite this, it is still very evident the gap that exists with male and female basketball players in the United States.

These situations motivated the interest to investigate basketball in Colombia, to know which are the planning models, criteria and methods used in the different basketball sports teams in the country focusing on the integral development of the athletes. For this it is necessary to understand that basketball is a highly demanding sport for which it is important to carry out a planning that allows an adequate sports development, understanding that this is a coherent logical process that is carried out in the long term, being flexible and adapting to the changes that arise.

1.4 Research Question:

RQ1. What are some of the common factors among basketball players' development in underdeveloped countries?

RQ2. How could some of these elements be applied in Colombian young players development programs for basketball?

1.5 Objectives of the research.

1.5.1. General objectives.

- To determine to what extent is it possible to use successful practices from other underdeveloped countries in the Colombian context to improve the quality of young players' developmental programs in Basketball.

1.5.2. Specific objectives.

- To compare the talent development processes implemented among underdeveloped countries for young basketball players.
- To find the gaps in Colombian basketball development processes.
- To determine what are the best practices to implement in Colombia to improve players performance and overall quality.

Chapter 2. LITERATURE REVIEW.

2.1. Talent Identification and Development.

With the core topic of talent and development, we must explore both the internal make-up of the individual athlete and as it relates to talent and development and also the external factors that relate to the talent and development of athletes, primarily basketball talent in Colombia.

With the scientific study of talent, there is a distinction made between talent identification (TIDS) and talent development (TDE).

The first refers to the processes and techniques used for identifying athletes who have potentials to excel at a high level (Cobley, Schorer, & Baker, 2012). Across sports, multiple TIDS exist with no current consensus as to the best approach. Two factors that are central to the talent identification process are the timing (i.e., age) when identification occurs and the number of opportunities (i.e., places within a program) available within a given TIDS. If a country like Colombia or any other is not equipped with no basketball league structure in place along with properly trained coaches, then the ability to miss and neglect talent is immense. TIDS affect the approaches to talent identification, and have implications for the accuracy of selections, impact on

player retention, and other outcomes (e.g., resourcing a TIDS and philosophies). However, studies show that although TIDS is a critical aspect of sports,

theories show that it comes with limitations. Although researchers often dispute the merits of talent as a concept (c.f., Howe, 1998; Baker and Wattie, 2018), the reality of working in sport is that talent identification and selection are often necessary due to limited resources available (e.g., financial, personnel, and facilities). Therefore, a TIDS is an approach to using limited resources in the most efficient way possible. Most sporting organizations and practitioners acknowledge the limitations and consequences associated with the early selection of athletes. However, the resource-limited system requires regular selection across the development pathway according to the sport and context. Therefore, despite the significant financial investment in TIDS, talent identification and development are not straightforward processes. These processes are even more complex with young athletes where numerous physiological, psychological and social factors can impact upon understanding, identifying and developing future athletic talent (Cobley and Till, 2017). Moreover, there are important ethical concerns with the way that talent identification and development are positioned within TIDS (e.g., Bailey

and Toms, 2010; Vlahovich et al., 2017; Baker et al., 2018a). Generally, a TIDS involves five steps in the pursuit of sporting excellence, four that were defined in the early 2000s (Reilly et al., 2000) and one more recent addition.

The first four steps include (1) Talent Detection, the discovery of potential performers who are not currently involved in the sport in question; (2) Talent Identification, recognizing participants with the potential at an earlier age to become elite performers in the future; (3) Talent Development, providing athletes with a suitable learning environment to accelerate or realize their potential; (4) Talent Selection, the ongoing process of identifying individuals at various stages of development who demonstrate prerequisite levels of performance – largely involve the traditional approach to talent identification and development. The final step – Talent Transfer, focuses on transfer from one sport to another sport where there are greater opportunities to succeed (MacNamara and Collins, 2015; Rea and Lavallee, 2017). These five steps are common across sporting TIDS and are often operationalized within everyday practice (i.e., identification or selection for the next step of a program is influenced by performance in the previous development environment). TIDS often employ a pyramidal structure whereby at each stage of the system the number of places available decreases and the support

provided within the program increases (e.g., higher qualified coaches and increased competition). In order to work optimally, this process requires concurrently integrating talent recruitment (i.e., detection, identification, and selection) and talent development (i.e., proper nurturing of skill acquisition) in the pursuit of future elite performance. Without the proper talent evaluators and developers in a specific sport then talent will often be missed. Those countries are left to either bring in foreign talent evaluators into their country or pay to have their coaches properly trained in that specific sport by sending them to other countries. This will prevent talent brain drain, which is when an individual athlete leaves their native country to train in a foreign country to enhance their success. We see this often in third world countries.

(TDE) The latter refers to the processes and techniques for fostering athletes previously identified and facilitate and accelerate their progression of performance (Abbott & Collins, 2004). Both external and internal factors play a major role in both talent identification and talent development. As it relates to developing countries very few resources focus on which should play the primary and initial role within a specific sport in a developing country. The strength and weakness of an idea is to a large degree related to a specific country. No single tactic or method will work the same for any given country.

Also the size of a country does not have a direct correlation of the success of talent and development. The major topic of discussion in talent and development is about what factors impact it most. And primarily in Colombia. This discussion stems from the popular nature vs nurture debate (Baker, 2012), and the impact of genetics and specialization at an early age (Horton, 2010). Adding to the idea of genes and environment being the determinants of talent, practice or training, and psychological variables are recognized to play key roles. Practice or training refers to motor skill acquisition and improvement (Baker, Cobley, & Schorer, 2012), whereas psychological variables denote factors such as motivation, determination, self-confidence, goal-setting, imagery, etc. (Gould, Eklund, & Jackson 1992b).

There are chapters on whether genes predict potential (Joseph Baker), the role of psychology in talent development (Aine MacNamara and Dave Collins), environmental influences on talent development (Sean Horton), the numerous pathways to sport expertise – best exemplified Developmental Model of Sport Participation (Damian Farrow), and talent development from the perspective of “athletes as complex neurobiological systems” (Ian Renshaw, Keith Davids, Elissa Phillips and Hugo Kerhervé).

The chapter by Horton warns that that “the consequences of early specialization are sometimes profound in terms of a child’s long-term physical and psychological health. Horton is speaking more about focus as an adolescent in one sport or activity and specializing in that sport or activity and developing within it. In Colombia kids in sport are mainly taught to train and specialize in Soccer. If you are specializing in one sport you surely develop to some degree in that sport but you take the risk of not developing in a sport that you may be more gifted in. This is the case in Colombia. Because of a lack of funding and financial support with Basketball, adolescents and kids who may be more gifted in the sport of basketball would never attempt to try because in many ways it is viewed as an afterthought. Adolescents who may physically be more inclined and gifted in basketball will never allow themselves the opportunity to play it. Although genetics plays a role in many aspects of life including sports, genetics is not a factor in the lack of basketball development in Colombia. That is not to say genetics plays no role. There is no denying the contribution that genetic inheritance makes in the field of sports performance; indeed, there are characteristics of the athlete which are genetically conditioned (Lorenzo & Sampaio, 2005). The fact that humans have the ability to transmit features from parents to their offspring provides a wealth of information about the possibilities a subject will have of forming

part of the sports elite in the future (García, Campos, Lizaur, & Pablo, 2003; Horton, 2012). The human genome project showed that humans share 99% of their genetic information, something which indicates that the perceived differences between individuals are due to a small proportion of DNA and its interaction with other factors (Baker, 2012). The problem in Colombia as it relates to basketball is athletes who may have the perfect genetics to play basketball never is exposed to the sport because of a lack of funding, talent evaluation, exposure and structured leagues and development.

Because having genetic potential that is conducive for sports does not guarantee success in it, proper development through training is necessary (Garcia et al., 2003; Arias, 2008). For that reason (Galton, and Horton 2012), picked out three main components for achieving sporting excellence: innate abilities, concentration and ability to work hard. The ability to work hard plays a primary role in practice. practice seems important. More specifically, deliberate, non-enjoyable practice seems to be the most beneficial (Ericsson et al., 1993). If one wants to adhere to a non-enjoyable activity that might not even pay off short-term one has to have a drive. According to various authors, commitment might be the most meaningful predictor for expertise acquisition in sports (e.g. Baker & Côté, 2003; van Yperen, 2009). Without

commitment, it is impossible to endure a vast amount of deliberate practice. Deci and Ryan (2004) concur with Baker & Côté (2003). These internal traits are recognized and needed in every successful athlete regardless of what individual sport. In their interview study, Holt and Dunn (2004) found discipline, willingness to sacrifice, strong motives, and career planning goals central to success in elite youth football. In the participation history questionnaire on football players, Ward, Hodges, Starkes, and Williams (2007) found elite players to have a higher motivation to reach their goal than sub-elite players. In accordance with the previous section Ward, Hodges, Starkes, & Williams (2007) successfully used accumulated hours of training to discriminate between skill levels. Furthermore, they realized players in high skill levels were more motivated and trained their decision-making more. Focus and mental preparation like imagery are other psychological factors playing a role in performance. Orlick, Hansen, Reed, and O'Hara (1979), and Orlick and Partington (1988) tried to discriminate between medal winners and non-medal winners in hockey and were able to do so by looking at their psychological characteristics. They found attentional focus and performance imagery to be most important for Olympic success. Gould, Eklund, and Jackson (1992a, 1992b) were able to replicate these findings in wrestling. Competing at top events also puts a lot of pressure on the athlete, which is

why athletes are trained to overcome negative experiences by focusing in a certain manner, for example on mastery instead of performance goals. Thomas, Murphy, and Hardy (1999) found professional athletes to use more psychological skills in general. More specifically, top youth athletes employ psychological skills to optimize their learning and their focus (Freeman, 2001). Several researchers also studied the effects of goal setting and imagery and found it effective for learning a new skill (Waskiewicz and Zajac, 2001), lifting more weight on the bench press (Herrero & García, 2014), and competing successfully at major events (Gould, Finch, & Jackson, 1993). Being able to cope with adverse situations and overcome obstacles such as injury is also of importance. Holt and Dunn (2004) found resilience to be central to young athletes. All of these theories have merit. However, with basketball in Colombia, the core factors for a lack of talent and development are largely external and environmental. The theory that the main environmental factors that influence the development of young basketball athletes, are for example lack of access to good sports facilities, the presence of a good coach, family support, structured leagues, player development and external encouragement (Martindale et al., 2010).

When “environment” is mentioned, it is important to distinguish between an individual’s external environment such as neighborhood and community versus larger environmental factors such as government funding, leagues, facilities and the ability to travel to learn and develop in the sport.

With Talent identification and development, a lot has to do with the nature of the economy of that specific country and the allocation of a limited amount of funds to certain resources. In the case of Colombia, Basketball receives a small amount of funds which directly correlates to a lack of talent identification and development in basketball from a governmental level. Regardless of governments’ policy declarations, sport, other than Soccer and cycling, is neither a top priority in the country budget, nor a pillar of the country’s education system, in any developing country. Colombia, like a great majority of third world countries are to some extent dependent for their sporting activities on foreign aid, the importation of sports good and equipment, and money from multinational sponsors (Vladimir Andreff,1988). Moreover, any assessment of the sports economy in developing countries is hindered by missing data: the lower the level of economic development the lower the availability of statistical data about sports. Since talent development and identification is so critical in the success of any sport, the lack of qualified

coaching is a starting point of the root cause. Most sport coaches qualify abroad in bilateral cooperation pro-grammes with European countries and in the United States, after having obtained a grant to support their studies. The capacity to train sports teachers is greater in emerging and middle-income countries like Argentina, Cuba, Egypt, China or Thailand (Vladimar Andreff, 2001) than in Colombia. The level of sports participation, measured by the ratio between the number of affiliated members to sports federations and the number of inhabitants, is low in developing countries.

Once a country or state is well equipped with the external factors of talent and development in place for a particular sport, it is much easier to identify the talent. If funding for basketball in Colombia is available, a structured basketball league in place and intercontinental talent and coach development is in place, the focus at this time goes to the internal structure of the individual person.

Researchers have repeatedly emphasized the importance of psychological characteristics for the acquisition and demonstration of exceptional performance in an individual (MacNamara et al., 2010 (MacNamara et al.,2010bMacNamara & Collins, 2011;Baker, Cobley & Schorer 2012). For instance, psychological qualities will influence the

training process, the willingness, continuity and extent of practice, the quality of preparation and the coping strategies during adverse times (Baker et al., 2012). It must be acknowledged however that genes also influence the inter-individual differences in psychological attributes (MacNamara et al., 2010 (MacNamara et al., 2010bMacNamara & Collins, 2011; Baker et al., 2012). For instance, psychological qualities will influence the training process, the willingness, continuity and extent of practice, the quality of preparation and the coping strategies during adverse times (Baker et al., 2012). It must be acknowledged however that genes also influence the inter-individual differences in psychological attributes (MacNamara et al., 2010a (MacNamara et al., 2010bMacNamara & Collins, 2011; Baker et al., 2012).

2.2. Latin American context

Brazil, Argentina and Venezuela have historically been at the top of Basketball competitions in South America, I can assure, from my personal experience, competing against them and attending continental tournaments, that no other countries have better organization, regarding local competition and national teams, than these two countries. Each one of them has several players in the National Basketball Association (NBA) in the United states as well as other elite basketball competitions as for example the European league.

This is something tremendously valuable because these players' level of talent cannot be compared to the one we have locally and not even continentally, so this improvement adds a huge amount of skill and knowledge to their national teams, and as a result of this, those processes become stronger. As with most things, and based on the opportunity I had to develop my game at the University of Texas, whenever you are surrounded by people with great skill sets, you also become better as to you need to adapt yourself to the level of competition or just take a step aside.

Both Argentina and Brazil are bringing back many players that had a great deal of success in European basketball in recent years. These two countries have competitive leagues in which their most famous players grew up and develop new and valuable skill sets before they became NBA stars in some cases. They use their in-country basketball leagues as training grounds to enter the NBA. They can do this because the level of talent within their country is high enough for them to become better. Defending champions Uniceub Brasilia, will count on former NBA Alex Garcia and Guilherme Giovannoni, two starters in the FIBA Americas Championship last year. Pinheiros and Flamengo will complete the Brazilian army. Marcelino Machado and Federico Kammerichare are some of the players to play in Buenos Aires that helped their national teams to make it to London. Juan

Gutierrez has been part of the Argentine national team since 2007. The 2,06m center leads the Argentine league in points and rebounds and will be the best chance for the host team to win their first international big tournament since the 1983 William Jones Cup.

In fact, the tournament will be played in the same stadium. Atenas has won nine out of the last ten games in the Argentine national league. Apart from that, the country's most traditional team could have a big surprise for the tournament. Club-less Fabricio Oberto will be training with the team in the next days and it wouldn't be crazy at all if the Olympic Gold. (FIBA n.d.)

Argentina was one of the co-founders of this league along with seven other countries. In 1935 Brazil joined the FIBA league and Colombia joined in 1939. So, there is only a separation of seven years So as we can see, there is only seven years separation between all three countries as it relates to joining FIBA. In essence, none of the countries truly had a "headstart" in the advancement of basketball as it relates to skill level. Although Argentina was one of the co-founding countries, they had limited success in basketball. Other than winning the world championship in 1950, it wasn't until forty years that they won another championship beating the United States in 1986 at the world championships. In 2001 Argentina won another championship

being the FIBA America's championship and finally reaching the peak of what is known as the "golden era" of Argentine Basketball when they defeated the USA national team in the Olympics games held in Athens, Greece in 2004. (FIBA). On the other hand, Brazil has traditionally been a regular team in terms of international competition, mostly at a continental level, but also success than any other team in Latin America and for a good time period any team in the world. Brazil has won FIBA world cup championships in 1959 and 1963 and four FIBA Americups gold medals in 1984, 1988, 2005 and 2009. They have also been top 3 teams in the Olympics games by winning silver and bronze medals but never getting the maximum award in this competition: the gold medal, which Argentina was able to win in Athens, 2004. (FIBA)

2.3. Expansion of Basketball.

The NBA has been transforming itself since the 90s when Michael Jordan's Chicago Bulls were a trend globally, and now everyone in the world has access to watch the NBA games. In addition to television, with the growth of social media, individuals in every country of the world are able and are currently following their favorite basketball teams and players through social media. This has become one the biggest platform to motive kids to play basketball. However, with the growth of electronic sports, young kids are now

sitting at home playing e-sports and other electronic games and it's easy for them to use the technology where they have been born. Without getting too deep in this subject, I want to point out that basketball is a sport that teaches kids to exercise, have fun, create values, teamwork and develop a strong sense of work ethic and discipline. This is the importance of playing actual sports rather than e-sports.

“Throughout Latin America, the basketball landscape is as varied as the environment and diversity of its people. Despite the growth it has been observed in the sport of basketball around the world, particularly in Europe, basketball is certainly not yet a way of life in Central and South America. Yet wherever you go around Latin America, people are playing the game. Even in the Zapatista villages in the jungle hills of Chiapas, Mexico, (where the people are known more for their militant indigenous-rights-based political revolution than anything else) basketball courts exist. Although the courts are used to dry coffee beans during the day, you will always find at least one boy working on his game in the afternoon just as you might in rural Indiana. You only need to take a look up at the backboards for evidence of the immersion of the sport within the local culture. This is where their political agenda is written, "Democracy, Liberty, Justice." While the level of play in rural areas

of Latin America is not much to speak of, the reach of the game within the outskirts of the globe is astounding”. (NBADRAFT)

Another personal insight I might like to add is the relationship between Latin American people and soccer. During the South American soccer tournament, The America’s Cup, the magnitude of this tournament is beyond measure. This is true for every country in South America. Each country has the total support of the community and 100% commitment from the government and corporate sponsors. Of course, basketball may never have the type of commitment and support as soccer does in South America, but this is not the end goal. The goal is by creating and molding stronger local leagues, stronger country-based tournaments, gaining more corporate sponsorships and educating them on the financial benefits for them by having a stronger basketball league within the country can impact their bottom line, these things alone can have a tremendous impact on Basketball in Colombia as well as those other South American countries that are lagging behind the top three. These are the only things that are stopping South America for having the second-best league in the world. The demographics for basketball are here, the raw talent level is here and the interest is here already in placed waiting to be developed.

Basketball in general was never a top sport for any country in the world including the United States up until the 1980's. Up until the 1980's basketball in the United States was always at best the second most popular sport and only rarely played on television. However, starting in the 1980's with new commissioner David Stern who was a visionary leader and new players such as Larry Bird and Magic Johnson, basketball became the most popular sport in the country and second most popular sport in the world.

2.4 Sport development in Colombia

For the purpose of the present document, it must be clarified that sport in Colombia is understood from the public perspective under 4 branches of practice: Sport, Recreation, Physical Education and Use of Leisure Time. From here on, the term sport will refer to the 4 branches above mentioned, understanding that the national and regional contexts have required differentiation of terms for law making, implementation and funding purposes.

2.4.1 Elite Sport

Elite sport is highlighted within the Ten-Year National Sport Plan 2009-2019, and it is measured by sport results. However, there are many sport

encounters at international, national, regional and local level, and the eagerness to get good results has sacrificed, in many instances, sports planning processes and organizations that are responsible for promoting, developing and preparing competitions.

Private associated sports are part of the Colombian national sport system. Its structure comes from international law standards: local clubs at municipal level, leagues at departmental level and federations at national level. The National Olympic Committee and the National Paralympic

Committees complement this structure, which are the national representatives of the Olympic Sport and the Elite Sport.

There is an Internal Work Group (IWG here-on) within The Department of Sport, Recreation, Physical activity and Use of Leisure Time, here on COLDEPORTES, that is called Sport Programs and Projects, which oversees to determine guidelines and strategic actions for elite sport. These projects are such as: a monthly aid program for athletes, incentives for medalists, Talent and Sport Reserve, Sport Glories, Colombian Image Projects, Sport public policy management and socialization.

The programs associated to this IWG benefit directly the sport sector which is integrated to the CNSS, specially federations, departmental sport organizations and the Capital city of Colombia; the support to Athletes is notably one of its main contributions, and goes accordingly with the national government goal to place Colombia as a sport power at continental level.

Durango (2016) recapitulates that athletes are covered by the Law 181 from 1995, named the Law of Sport, and they are benefited by different incentives. The law states that if athletes have been recognized by COLDEPORTES as medalists of national, international, world or Olympic championships, then they will have a life insurance and social security among others. However according to Durango, elite sport in Colombia does not have the Economical coverage it should have and that has led to many athletes quitting their sports. Financial issues among the elite sport are not only about a financial aid to the athlete, for the Law establishes that every athlete must be guaranteed with other aspects as labor, social, health and education support. Paulo Cesar Villar, Athlete's representative under the Executive Committee of the Colombian NOC, says training and support should be integral, but Colombian budget for sport does not allow it to happen.

2.4.2. Physical Education

Physical education (PE-Here on) is considered in Colombia adjuvant to people's health and welfare. The National Plan for Physical Education (NPPE-here on) is created under the national policies and the constitutional legal basis of sport. According to the NPPE, various practices, functions and spaces of PE can relate knowledge and society. Under no solid knowledge that researches, explains or guides PE, the government stated that knowledge and social construction would be thematic axes in which scholars and general communities would come together to elaborate, execute and follow-up the NPPE (Coldeportes, 2016)

2.4.3. Sport for all

Sport as a right is contemplated within the Political Constitution Book of the Country. The State must provide minimum services to its citizens, in which sport is understood as means to reach welfare. Therefore, sport becomes both a "legal phenomenon" (Coldeportes, 2016) and a "good" in need to be protected by the Political Constitution.

Despite historical issues with the importance of the legal framework of sport in Colombia, interest in sport has considerably risen in recent years, while it is still in its developing phase. Since the establishment of the Republic, the Colombian context has shown certain interest to embrace sport. In 1820

former Liberator Simón Bolívar aimed for a nation where education included physical training since early ages (Coldeportes, 2016). From then on sport for all has been present in the Colombian agenda.

The Political Constitution of 1991 established under article 526, a sole category given to sport, in which it was stated as a social right that serves to achieve integral education and health development.

2.4.4. Sport industries, media and public participation

Although current official documents about sport industry in Colombia are non-existent, the present research has taken extracts from written documents and studies that analyze the sport sector and its economy as well as its supply and demand in Colombia.

In Colombia, as in the world sport has raised its importance not only because it satisfies a recreational necessity, but also because it has taken an important role in the nations' development. This affects the Aggregate Supply and Demand curve, and influences other variables as consumption, investment, income level, production and employment, both in Amateur and professional sports. It must not be forgotten that the relationship between the sport Sector and other economic sector as textile, construction, transportation

and tourism among others. It also generates intangible benefits to society as a nationalist attitude from positive sport results, a nation's good image, the promotion of off values, as well as a positive strategy to promote good health and life quality enhancement of a society. (Coldeportes, 2014)

Colombia as many other countries put on hold, for years, studies about media within the sociology of sport. Despite the delay, countries have realized the potential of sport, and the sector has become a global economic force, and media has had a big part on that change (Coldeportes,2016).

The sport culture in Colombia has historically been soccer-driven for the most part. Juliana Salazar from Radio Caracol - National Radio Station in Colombia - estates that being a massive sport around the region, publicity investment in sport takes the biggest cut on sport publicity overall. Other sports like Taekwondo, Karate, cycling, swimming, and even most of the Olympic movement lack of a structured support that can foster and position them among the national media consumers (Salazar, 2016).

Experts from public and private organizations agree that the national public policy on sport should support, in a more integral manner, every sport, and that includes publicity, media a TV rights. Also, said by Salazar, COLDEPORTES has achieved important positioning variations related to

sports different to Soccer, however the lack of resources forces organizations and institutions to prioritize those sports that people are more driven towards (Salazar, 2016). International cooperation and investment as well as private cooperation between public and private organizations could give more importance to a broader number of sports and their stakeholders.

The public experience from media experts has shown difficulties to gain investment for sports different to soccer. However, Colombia has improved its performance in the last two Olympics, and success in some Olympic sports is easy to prove: 8 medals in Rio 2016 (3 of them are golden), the country also has important grassroots programs that support the Olympic cycle and provide investment sustainability.

2.4.5. Sport as an economic sector

Sport is one of the sectors called “cross-cutting”, where multiple different activities converge into a specific goal which, in this case, is physical activity. As so, the sport practice is understood as a service, for it is intangible and cannot be performed unless the beneficiary is present in the productive process. Other economic sectors must be present when the sport production takes place, as: sport equipment, infrastructure, transport, nutrition. (RUIZ, MUÑOZ & MESA, 2010)

In Colombia, mega sport events are understood as sport phenomena that occur from time to time and have a big social impact, a strong media presence and aim to generate economic income. (QUINONES, & others, 2014).

2.5. The role of the YMCA in Argentina's basketball history.

In the beginning of the twentieth century, some religious institutions arrived to Buenos Aires with the objective of preparing young leaders to spread Christian principles and evangelize the population. Among these institutions, the Young Men's Christian Association (YMCA) played a fundamental role in the introduction and diffusion of various American sports such as Basketball, volleyball, softball, baseball, and indoor soccer; as well as the creation of most of the Argentina's sports federations. (Veseth, 1998)

The YMCA, more than a religious creed, managed to impose a set of practices and values linked to sport that would be very effective in shaping the space and the social bond. The case of basketball is paradigmatic in relation to such deployment and allows to trace many of the coordinates that define such configuration. (Abott, 1929)

Around 1912, the first basketball games were played at the YMCA headquarters in Buenos Aires, in that place, several teams were formed to take

part in internal competitions, which would later become teams or clubs outside the institution.

In 1921, under the initiative of several YMCA militants, the Argentine Basketball Federation was created, from where the diffusion of the sport began, not only in the area of the Capital, but also towards the interior of the country.

Modern sports - football, tennis, racing – were born in the exclusive strongholds of the English bourgeoisie in the eighteenth century, and consequently, they became the symbol of distinction of a class that was rising, on the threshold of emerging capitalism, to the top of the social ladder.

In the Buenos Aires of the beginning of the 20th century, at the same time that football was beginning to become professional and popular, the new imported games were being offered to the Buenos Aires elite. These, more than the sign of distinction of a class, aimed - as instruments of an exceptional missionaries - at the promotion and discipline of the middle and lower classes that burst onto the urban scene after the first deployments of industrialization.

The YMCA was able to effectively install the ideology of amateurism. Through basketball, mainly (but also swimming, athletics, volleyball,

gymnastics, etc.), the values of sportivism and amateur sport will be spread throughout Argentina.

In the process of its diffusion, basketball encountered other social configurations that came from a diversity. This was the foundation of the clubs that, towards the 1920s, were beginning to become widespread and to populate urban space.

The club comes from the associative culture that progressed towards the beginning of the twentieth century, especially in the popular sectors linked to immigration. There, a whole set of values related to mutual aid, work, education and leisure of the working classes were elaborated and the institutions that sustained and promoted those claims of progress and solidarity were created.

Sports associations, popular education societies, neighborhood associations, child protection associations, etc. multiplied after the migration deployment, and managed to reformulate the social space.

The foundation of clubs, football and basketball courts, helping schools and poor children, giving courses and conferences and holding festivals, and

building houses were some of the activities that were developed as part of a process of participation and creation.

2.6. Sports Clubs Creation: the cornerstone of Argentina's success in sports competitions.

The sports society forged in the country became what it is right now because in the last years of the 19th century and the first years of the 20th century, the social habit of founding clubs multiplied. This feature was incorporated by the upper class, sculpted in admiration of England, and concerned with ensuring the effects of that admiration not only with the sale of grain. This conception and action turned the country into a society of clubs. But Argentina would not have been what it is and the clubs would not have fulfilled their socializing and membership role if there had not been two other political axes of the time: immigration and education.

The trend of opening clubs was not restricted to the dominant groups. Other people with other origins, economic situation and social position joined the stream. Who were they? Basically, people who arrived in Argentina in the context of a major migratory movement and who acted as a workforce to make the country project, modelled by those in charge, a success. With possibilities of economic development and without political rights, the new

inhabitants first tried to settle down and, with time, strengthened their ties with the new place through the gestation of their own institutions.

Small towns, with 300 to 500 inhabitants, had at least one club. Other towns with higher demographics had several sports organizations such as General Pico or Santa Rosa. Another significant fact is the growth in the number of members, for example Sportivo Independiente de General Pico had 355 members in 1935, that number rose to 1223 in 1942. Not only did the urban areas see the flourishing of these but rural areas, too, associations were set up as recreational and social leisure spaces for rest periods. (Etchichury, 2006).

This process would probably not have happened if it had not been for the political determinations that laid the foundations of popular education in Argentina during the Justo Roca government, the holding of the International Pedagogical Congress (1934), the creation of the National Education Council (1937) and the enactment of the Education Act (1934) which enabled immigrants and their children to acquire knowledge and other general preparation. Multiple interpretations of Argentine history observe that the combination of immigration and education promoted the emergence of a

strong middle class in Argentina which, in the second decade of the 20th century, ended up displacing the oligarchy from the government.

This combination made possible the kind of sports society the country had, as many clubs that were strengthened by the popular sectors, managed to survive, organize themselves, give themselves statutes, set economic guidelines, find leaders and get the attention of people who did not belong to the founding groups. Beyond the associative will and the desire for collective construction of the founders, it seems difficult to assume that these attributes would have developed without the universal, free, obligatory and secular education that was promoted at that time. Another political feature of the so-called conservative order could contribute to this massive channeling of energies towards the creation of the clubs: the deprivation of political rights.

Those who were not in the ruling class could be educated in community values and progress economically but lacked the possibility of exercising politics since President Yrigoyen's regime denied the vote to the whole population. Those values and roles that remain intact are those of "solidarity", "integration", "participation" and "democratic life", especially in the years of military governments.

Over the years, the different governments in charge of national, provincial and municipal politics have noticed this meeting of principles around sports entities, establishing numerous measures tending to promote clubs, going from the simple tolerance about their existence to the clear promotion of their activities and the use of their facilities by the whole of society. Subsidies and tax exemptions were some of the measures adopted for the benefit of sports entities, including the transfer of land, most of which was washed up or used as rubbish dumps, which, thanks to the effort and sacrifice of the members, directors and neighbors of each of the clubs, ended up becoming monumental sports facilities. Those were times of social consideration of the work of the leadership and, therefore, the clubs were schools of democracy to such an extent that their internal life was infinitely transparent and exemplary looking towards public power. Even in the darkest and most dreadful dictatorships, sports clubs continued to vote and elect authorities democratically.

Chapter 3. METHOD

3.1. Research Method - Quantitative Research.

For this work it was decided to apply previously studied strategies to develop a test which allows to have a clear vision of the development of the athletes, this consists of being applied to a representative sample of the group to be studied, observing the response and comparing it with the executions of the designed tasks in order to validate the results obtained. This model is based on the criteria and perception of those evaluated, it is very useful to know the different personalities and capabilities of the players.

The method used was a quantitative method, on the ideology to create a questionnaire that will measure the key component and the effectiveness from the development of preparation. It was conducted throughout observance on the standard guidelines as well as the APA, using triangulated approach, systematic analysis and all the actions as it is practice in most frequently questionnaire. (Walker and Fraser, 2005). The research was based on six factors:

- Long-Term Development Focus
- Quality Preparation

- Communication
- Understanding the Athlete
- Support Network
- Challenging and Supportive Environment
- Long-Term Development Fundamentals

Fifty-one developing athletes were then interviewed and asked about the responsiveness of the experiences and environment that had facilitated their progress. Long term and other criteria were inducted as well; wide-ranging, coherent messages and support, an emphasis on development not early success; individualized and ongoing development (AERA, APA, & NCME, 1999)

In order to obtain the best results, it should be taken into account that the athletes must answer each of the questions in the test in a sincere way, since this is based on the criteria of each of the evaluated, with this it will be possible to understand what happens with each of them in their training as athletes, having this clear, it is possible to analyze in the best way the defined study group and create improvement strategies based on what could be evidenced, helping personal and group growth.

3.2. Study Population and Sample

This research will have a population sample of 126 athletes of both sexes, which are in the age range between 20 and 30 years, 63 of them will be professional athletes and 63 are non-professional athletes in basketball in Colombia. This population is chosen because the study will focus on the relationship between professionals and non-professionals, since this population sample have made several training cycles throughout their careers, they can provide information that will allow us to find the expected results, each of them were contacted through social networks and personal contact, asking for collaboration for this study.

3.3. Survey Questionnaire

The structure of the questionnaire was elaborated on the marge of 57 matters and utilized a 6-point Likert scale. The questionnaire provides a discrimination of 3-point range for both positive and negative choices as: Strongly agree=3, agree=2, agree a little bit=1 None=0; disagree a little bit=-1, disagree= -2 and strongly disagree= -3). The honesty of the answers, concentration and the confidentiality were filling out attached with the questionnaire. The form of the questionnaire includes 57 questions and took no longer of 20 minutes to be completed.

3.4. Strategy of Survey

The research takes a descriptive approach that aims to examining the Olympic Values among athletes. Thus, using the cross- sectional method, the strategy of data collection through the research will use the survey design. The survey design is an important tool for providing numeric description of attitudes or opinions and a population by studying the sample. The survey is important for the purpose of this research since the researcher will adopt an internet survey approach where online survey questionnaires will be administered to respondents/participants. The choice of the survey will strengthen the relevant of this research because survey designs are less costive, convenient for data gathering, highly representative as well as significant for statistically analysis.

3.5. Data Analysis

Data Analysis gives resounding meaning to the outcome of research as it provides the grounds for the understanding and interpretation of the collection of the data. The data analysis will be relevant because it describes and summarizes large data to be collected. Also given the multiple variables to be used in this research. The data analysis will be relevant to identify

relationships between factors of development, compare the variables or identify the difference between variables.

For the purpose research, the table below shows how the factors listed in the research questions will be analyzed:

Table 1. Predeterminant's Factors

FACTORS	ITEMS (Questions)
Long-Term Development Focus	24
Quality Preparation	5
Communication	7
Understanding the Athlete	4
Support Network	8
Challenging and Supportive Environment	4
Long-Term Development Fundamentals	6

3.6. Content Analysis

On identifying factors for talent development for athletes in underdeveloped countries: Argentina basketball players, it was apparent through deep observation that the strong correlation between having visa free access to every European country to travel, play, learn and coach basketball as well as the persistent efforts of legend Leon Najnudel, the creator of the Liga League in Argentina, is what made Argentina so dominant as a basketball force.

These two factors resulted in the rise and sustained dominance of basketball for Argentines for the past twenty-five years. The euro league is the second most dominant basketball league in the world in terms of talent, coaching and basketball skills development. It has been and still is the ability for Argentina basketball players and coaches to improve their skills and development in Europe.(Leandro 2006), (Data shows this is most effective in Factors: 1,2,5 and 7. (Table 1, p27) The results of both players and coaches having the opportunity to spend extended time in Europe shows in long term basketball player development, the quality of preparation both in training and in performance, the fundamentals of the game and equally important the support system for the player and coach. All of these skills are learned in a systematic way and it easily transferable. Both player and coach then return to Argentina and share that innate basketball knowledge with fellow countrymen in Argentina. This is the single most important factor in the success of Argentina basketball. Without it, the results would tell a different story. Without the ability for Argentines to freely travel, coach, play and be mentored in basketball powerhouses like Spain, Italy and France, they could not have developed the ability to quickly advance in basketball nor would they have developed the team, league and personal relationships that they currently have in basketball worldwide. Argentina is the only third world country to have

visa free access to every country in Europe. When you add other basketball powerhouse countries like Israel and Turkey, Argentines also do not need a visa. These countries are where Argentines, both players and coaches, learn and develop all of the key Factors in a systematic way and bring it back to Argentina to teach (Leandro 2006). The second most important factor is the development of the Liga League. This Argentina league is the second most powerful basketball league in the western hemisphere, second only to the NBA. This league allowed all of the best Argentina players to play and learn together and serves as a feeder system to the Euro league. Teenagers from Argentina who show promise in the Liga League would often easily leave for Europe to increase their basketball development skills and return to play in Argentina. Case in point is Manu Ginobili. Manu was not a top player when he left Argentina to play in Italy but honed his development and skills in Europe and returned to Argentina as a top player. Next, he was drafted to the NBA and became a future Hall of famer. The Liga league in partnership with the relationship between Argentina and Europe (Visa Free Travel) are what created the catalyst for Argentina to become a basketball powerhouse.

Chapter 4. RESULTS.

The calculation that was made across the survey questions presented to the athletes lead us to compare each factor getting the lowest means value in each factor. It means, underlying factor ‘means ranged from adequate excellent. As such, the seven subscales of the questionnaire can be used for the real-world application. As the table below (**Table 2**) shows each questions value, selecting the lower value mean at each factor as fallow:

Table 2. Factors and Standards

FACTOR	ITEM	Means	Std Dev
Term Development Fundamentals	#39. My coaches make time to talk to my parents about me and what I am trying to achieve.	1,2741935	1,2319507
	#40. I am encouraged to participate in other sports and/or cross train.	1,5080645	1,1369333
	#57. I often have the opportunity to talk about how more experienced performers have handled the challenges I face.	1,4274194	1,0757745
	#12. The advice my parents give me fits well with the advice I get from my coaches.	1,4274194	0,9973411
	#58. My progress and personal performance are reviewed regularly on an individual basis.	1,5203252	0,9085170
	#38. I am involved in most decisions about my sport development.	1,4016393	1,0958964

Quality Preparation	#8. I am rarely encouraged to plan for how I would deal with things that might go wrong.	1,2741935	1,3149467
	#27. The guidelines in my sport regarding what I need to do to progress are not very clear.	1,4516129	1,1215178
	#41. I am not taught that much about how to balance training.	1,4786325	1,2289489
	#44. I feel pressure from my mates in sport to do things differently from what my coaches are asking of me.	1,3467742	1,1550128
	#42. I regularly set goals with my coach that are specific to my individual development.	1,5403226	1,1290632
Communication Understanding the Athlete	#28. I don't get much help to develop my mental toughness in sport effectively	1,233381	1,4032997
	#15. My coach doesn't appear to be that interested in my life outside of sport.	1,8467742	1,0204762
	#29. My coach rarely takes the time to talk to other coaches who work with me.	1,233871	0,9750023
	#26. Currently, I have access to a variety of different types of professionals to help my sports development (e.g. physiotherapist, sport psychologist, strength trainer, nutritionist, lifestyle advisor)	1,4274194	1,3861885

Support Network	#22. Those who help me in my sport seem to be on the same wavelength as each other when it comes to what is best for me (e.g. coaches)	1,3145161	1,0543517
	#7. I can pop in to see my coach or other support staff whenever I need to (e.g. physiotherapist.	1,5967742	0,9952681
	#42. My coaches talk regularly to the other people who support me in my sport about what I am trying to achieve (e.g. physiotherapist.	1,5403226	1,1290632
	#25. My training programmed are developed specifically to my needs.	1,6209677	1,040581
	#34. My coaches ensure that my school/university/college understands about me and my training/competitions.	1,3225806	1,1999213
	#56. My coaches and others who support me in sport are approachable (e.g. physiotherapist.	1,3306452	1,4068461
	#5. All the different aspects of my development are organized into a realistic timetable for me.	1,0806452	1,4233636
	#4. My school/college/university doesn't really support me with my sport when I need it.	1,0241935	1,5899262
Challenging and supportive environment	#55. I would be given good opportunities even if I experienced a dip in performance.	1,0	1,4765933
	#35. I am regularly told that winning and losing just now does not indicate how successful I will be in the future.	1,4919355	1,0706428
	#30. I have the opportunity to train with performers who are at a level I am aspiring to.	1,6854839	0,9907453
	#21. I don't often get any help from more experienced performers.	1,3548387	1,1838586

	#3. If I got injured I believe I would continue to receive a good standard of support.	1,1532258	1,2496787
	#9. My coach is good at helping me to understand my strengths and weaknesses in my sport.	1,3548387	1,3140488
	#10. My coach is good at helping me to understand what I am doing and why I am doing it.	1,3306452	0,917063
	#47. My coach emphasizes the need for constant work on fundamental and basic skills.	1,5080645	1,1651858
	#16. The more experienced I get the more my coach encourages me to take responsibility for my own development and learning.	1,3629032	1,3149217
	#17. My development plan incorporates a variety of physical preparation such as fitness.	1,5967742	1,0813974
	#46. I am constantly reminded that my personal dedication and desire to be successful will be the key to how good a performer I become.	1,5080645	1,1225404
	#13. My coach constantly reminds me what he/she expects of me.	1,5564516	1,1914493
	#49. My coach is a positive supporting influence on me.	1,2983871	1,1115055
	#1. My coaches care more about helping me to become a professional/top-level performer.	1,330579	1,521698
	#43. My coach plans training to incorporate a wide variety of useful skills and attributes.	1,3709677	1,232802
	#50. My training is specifically designed to help me develop effectively in the long term.	1,4032268	1,1399569
Long - Term Development Focus	#2. I am being trained to be ready for almost anything that is thrown at me in sport and life.	1,3719008	1,3912358

#51. I spend most of my time developing skills and attributes that my coach tells me I will need if I am to compete successfully at the top/professional level.	1,4919355	1,1152743
#36. My training sessions are normally beneficial and challenging.	1,6290323	1,0628061
#6. Me and my sports mates are told how we can help each other develop further in the sport.	1,4032258	1,1888326
#53. My coach allows me to learn through making my own mistakes.	1,2983871	1,3553858
#54. I am encouraged to keep perspective by balancing any frustrations I may have in one area with thinking about good progress in others (e.g. slow skill development but good strength gains or poor performances but good technical development)	1,3387097	1,2289668
#33. Organization is a high priority to those who develop my training programmed.	1,2741935	1,2385325
#48. There are people who help me/teach me how to deal positively with any nerves or worries that I experience (e.g. coaches)	1,375	1,3476559
#18. If it didn't work out for me here	1,2822581	1,1516018
#23. Developing performers are often written off before they have had a chance to show their real potential.	1,5322581	1,2391676
#20. My coaches and those who support me give me straight answers to my questions.	1,3709677	1,2653464
#11. I struggle to get good-quality competition experiences at the level I require.	1,6854839	0,8397341

According to Forteza, (1988) a perfect structuring of the training guarantees not only the result in terms of the athlete's improvement but also the athlete's sporting longevity. Currently, the planning model for team sports is based on maximum performance during the competition, which is why training planning, team management, evaluations and controls, the dynamics of the loads, the means to be used, etc. are conditioned to the results obtained in the competition (Barbero, 2005), therefore the main criterion for proper planning is to have full knowledge of the demands of the sport.

The assessment and quantification of the efforts exerted by players in different actions of the game is a determinant to establish the physical loads to which it is subjected (José Pérez. Turpin, 2012). Determining a planning model in team sports requires the analysis of the physiological and energetic physical demands imposed by the competition, based on their knowledge, appropriate programs directed towards specific conditional qualities can be established, proposing a rigorous training process, scientific and adapted to the needs of the sport (Barbero, 2005), all these parameters must be taken into account because otherwise the loads planned in training will not have the required super compensation and the results obtained will be the product of chance.

According to (Issurin and Kaverin , 2012) the types of microcycles are of adaptation that last from three to five days and are characterized by a gradual increase in load ranging from five to nine days, using large and medium loads, to develop physical condition; of impact or shock, from four to seven days, with extreme loads; of pre-competition, from five to seven days, which seek the tuning; of competition, from two to seven days, and those of active recovery, from three to seven days, employing a wide spectrum of means of recovery (Ramos S. , 2012).

Apart from the knowledge about the specific situations of the sport, it is necessary to understand that training loads are very complex processes that have some scientific precepts that are necessary to take into account when planning. These precepts are three:

- **Organic muscular or physical condition dimension.** This principle is mainly determined by the genetic component of the athlete, they are innate conditions that the athlete has and that can be easily developed by the stimuli provided (Roman, 2010).

- **Technical-tactical dimension.**

Determined mainly by the sport, this is based on the rules of the sport modality and the ability of adaptation that athletes have to adjust to it, motor intelligence and the athlete's ability to acquire and strengthen the technique which must be constantly trained to get to acquire the effectiveness of the movement and with this proceed to the general and situational tactics, the general strategy is based on the analysis of the adversary at a global level, this allows to generate strategies after an analysis of the weaknesses and strengths of the opponent and the immediate analysis of the situation where depending on what the opponent performs the attack is executed, but to achieve this it is necessary to train the different game situations that may arise in order to generate an almost immediate response to a stimulus in order to generate an almost immediate response to a stimulus (Roman, 2010).

- **Psychological dimension.**

Understanding that performance athletes are constantly subjected to high levels of stress and pressure, the ability to cope with these situations makes a team able to overcome out to defeat or be patient enough to sustain the victory. Seen from this point of view, the psychological factor is a determining factor in the search for a result, and this is why in sports planning and training

controls competitive teams take into account the opinion of a professional in the area (Roman, 2010).

Understanding the need to understand the sport, the physical incidence and the importance of a planning method that adjusts to the new realities of the sport discipline, it is important to review the most specific factors of training to assimilate how they work.

4.1. focus long term development

At its core this is an ideology that has a commitment to build something for the future. We must not take a fast approach and expect immediate results because this will lead to failure. The starting point for long term development is to develop lasting mentorship relationships and basketball exchanges with elite basketball teams, clubs and nations. This will provide both players and coaches needed development learning from the best basketball minds around. Without having this, success will be nearly impossible.

4.2. Quality Preparation

Colombia must create a standard of excellence for our preparation. This standard will show itself in how we prepare in practice, training, study and of course in game execution. The starting point in having quality

preparation is to create winning habits and these must be taught and learned over and over. This is a part of Factor 1, long term development.

4.3. Communication

The most important aspect of communication for us in Colombia regarding creating a successful basketball nation is to communicate corporately. We must create more communication with each basketball club within Colombia. We must work together more, share foreign basketball relationships and contacts. Right now, we are fragmented and disjointed. There is very little communication between basketball teams. We must also make a concentrated effort to build relationships with the following: NBA without borders program, Corporate funders, local community groups, FIBA, etc. The beginning of building these relationships **starts with communicating that we are serious about the sport of basketball** and developing fundamentally sound players. The most important communication must be governmental figures. They themselves have the influence to reach out to the other above groups and be effective.

4.4. Understanding the athlete/Support Network

By having basketball camps in various cities in Colombia with build a “national basketball community” where kids will grow up in the program

over a course of years. This will allow coaches and administration to organically understand the athlete, his family structure, social economic background as well as personality. Having these camps are important because they loosely create a family structure where both athlete and coaches get to know each other better. The national camp model exists in every successful basketball nation and is a must in Colombia. Having a support network and understanding the athlete goes hand and hand. Unless you understand your athlete it's impossible to support them. Having basketball camps annually across the country along with constant communication between players, coaches, administrators and communities allows the support system to develop and evolve overtime.

4.5. Challenging and Supportive Environment

We will build a vertical structure supportive environment. This means it will start from athlete, family, coach, team, community, government. All must communicate consistently with the goal of developing and nourishing its most promising athletes to success. If you look at successful countries in sports, the strongest and most supportive athletes remain in their country while they climb the ladder to success. The weaker countries all see their star athletes leave for other countries. Because of a lack of support financially, socially, emotionally and other ways, they will move to another country for

training, coaching, support, etc. That is why it is necessary for Colombia to take a wholistic approach to creating a supportive environment by forming tight knit relationships with whomever is willing to participate for the long-term with the success of basketball. We must identify individuals and corporations at every level to communicate with each other and support the most promising athletes and teams on the road to success.

4.6. Long term development fundamentals

In order to have long term development fundamentals we must first commit to having a long-term development mindset knowing that results will take years to see. Once we are committed to this then we must create a definitive basketball plan where we have joint ventures, basketball exchanges, camps both national and cross borders, tournaments and basketball workshops. We must start this program at the youth level knowing that it will take years to create a long-term basketball fundamental initiative.

That being said, a catalyst will be necessary to expedite this process. The best catalyst would be to have a Colombian player having great success at the highest possible level, particularly in the NBA. Both can be done at the same time. As we start using the 7 factors to build a strong basketball foundation in Colombia we can simultaneously seek out the best talent

currently in Colombia and surround him with the support needed to take his skills to the highest level. Having the country through its supports in every way around the best few basketball players most likely to succeed at the highest level and developing them, whether in Colombia or abroad will greatly expedite the appreciation of basketball in the country. That person or few players can be the national face of basketball in Colombia and could spark more interests in the sport, especially knowing the corporations and the government is willing to financially help the athlete. As a former player and current basketball administrator in Colombia, I truly believe we have these players now in my country and it's my job to identify them, develop them and give them the support they need in order to be the catalyst this country needs to gain international attention for Basketball in Colombia.

Chapter 5. DISCUSSION

The goal of the research was to determine the factors and variables present in the basketball talent development in underdeveloped countries such as Colombia. The content of the questionnaire was developed from a rigorous triangulation of evidence, including a review of the current professional and non-professional athlete experience. Although factor analysis identifies talent factors within a group of items, it does not provide an interpretation of the meaning of those identified themes. An accepted practice in psychometrics is to identify this meaning by consideration of the pivotal items (those which load most heavily) within any factor. Where the content of these pivotal items is consistent with the hypothesized conceptual structure, it can provide evidence of a valid interpretation (Hawthorne, Richardson, & Osborne, 1999).

The authors (Sánchez, Lorenzo, Jiménez, 2017) investigated the role of the coach as a mentor for players in training, finding that coaches play a very important role in the development of the athlete both in their sporting and personal dimension, since the young people who participated in this research indicated that it was very important for them to receive the support of the coach when making decisions or overcoming difficulties at a personal

level. Because of this, it is necessary to educate coaches so that they understand the important role they play in the integral formation of athletes and can provide support in the personal lives of each of them, since this can help athletes to have great self-esteem, generate autonomy, have tools to face the adversities they encounter in life and have a healthy life (Balaguer, Castillo, Duda 2008).

The author (Mancilla, 2014) finds that sports planning is a key and very important process by which optimal and effective results can be achieved when programming and planning an appropriate methodology to project towards a better future. On the other hand, with the implementation of the questionnaire applied in this research work it was possible to identify that structuring and periodization are key pieces for proper sports planning, so it is necessary to design an effective pedagogical proposal that gives tools to old and new coaches so that they can make a correct sports planning and get to effectively enhance the sporting future of children and young Colombians.

As in this work, the results obtained by (Pedraza, 2017), indicate that sports initiation schools are of great importance for the training of young athletes, since these schools allow instilling values, creating good hygiene habits, instilling personal care, maintaining a balanced state of health,

acquiring skills and abilities in the practice of a sport and keeping children and young people in a healthy environment and away from vices. The initiation schools accompanied by a correct accompaniment by the coaches will allow a correct development of the young athletes, allowing them to obtain positive results and grouping the athletes that in the future could be members or reserves of the national teams, which would promote the development of the athletes and therefore would be seen in a constant advance in the sporting level of the country.

Therefore, it is of utmost importance that coaches are aware that, to achieve athletes with an effective future projection, it is necessary to apply an adequate training methodology following a sports planning and structuring process, which has a high level of significance and allows to lead young people to have an optimal sports projection in the future. Due to this, there is a need to involve political management, where resources are adequately supported and invested in sports training schools and athletes, starting with the training of coaches and the promotion of sporting events.

It is essential to have a strategy that allows the community of managers and coaches to know the importance of applying a scientific and standardized evaluation according to the characteristics of a population, to seek closer,

more accurate and real similarities in terms of obtaining results, as in this case, the application of a battery of tests. This with the aim of enhancing the training of different athletes and get to have a stronger and clearer connection between the athlete in training and the trainer trainer, to get to have a good development of sports skills and interpersonal skills, which will form integral athletes with a solid projection in the future.

It is also important to keep in mind that the study population is in a fragile and sensitive period of sexual maturation and where the pubertal growth spurt occurs. This age period is between 10 and 15 years old, which means that both physical abilities (strength, endurance, flexibility) and psychological and anthropometric characteristics (height, weight), are in full development (functioning of the endocrine system). Like the author (López Parra, 2016), it is possible to evidence that the implementation of periodization models together with a correct training program for children between 10 and 15 years old, are the most effective and used planning models in Colombia, it can also be observed that coaches of national games prioritize competitive mesocycles. With this it can be concluded that the adequate knowledge of the conditions of the athletes to be trained (ages, qualities, weaknesses) and the application of an adequate training methodology, allows

a progressive pace of progress in young people, which would lead to an increase in the number of elite athletes trained in Colombia.

The author (Mancilla, 2014) by performing the technical test proposed by Ivan Todorov, finds that to train elite athletes with a great future projection it is essential to develop both the physical-technical and the psychosocial and social, as these will be the key to good performance of young people. With the help of this research, it is possible to identify that in addition to a good sports planning, the attitude and motivation of the athletes are the qualities that define the behavior they will have when it comes to performance, if they do not have a good physical-mental balance the athlete can fall back in that their performance is bad and does not allow them to develop their skills properly. Therefore, we reach the same conclusion as the author (Mancilla,2014), it is of vital importance to train athletes both physically and psychologically, to form integral elite athletes. With these analyses it can be concluded that for Colombia to make the step to the basketball elite and thus be able to compete with Argentina, it is necessary to build a system that executes each of the 6 fundamental factors.

5.1. Focus on Long term development.

Several studies have identified the numerous physical developmental processes that occur during childhood and adolescence and how they might influence short- and long-term sport performance, finding that the most widely used ideology with the best results in terms of athlete sport development is the Long-Term Athlete Development (LTAD) model (Paul Ford, Mark de ste Croix, Rhodri Lloyd, 2010). The authors (Balyi & Hamilton, 2004), (Pombero bautista, 2016) and (Urs Granacher, Melanie Lesisnski, 2016) find that this model is a structured way to optimize the development of talented children until they become elite athletes, they also emphasize that, in order to have better results when implementing this model, it is necessary to individualize the long-term development planning process of each of the young talents in order to identify and improve the identified weaknesses and make the most of the capabilities of the athlete.

When analyzing the answers obtained in the battery of questions, it is possible to identify that question 3 was the one that obtained the lowest average for this factor, therefore, the need arises to manage a space where coaches can always communicate the importance of accompanying athletes, especially when they suffer injuries so that they do not feel pressured and can recover in the best way and thus can resume training and obtain positive

results. It is determined to generate these spaces since it is possible to identify in previous works (Nuno Leite, Miguel Gómez, Alberto Lorenzo, Jaime Sampaio, 2011), (Victor Lopez, Jordi Sargatal, 2014) that, by having a correct support to the athletes throughout their training process, both in the best moments and in the adverse situations they may face (injuries, personal problems, family problems, etc) it will be possible to guarantee the correct long-term training of child athletes thus ensuring a future in the sport elite.

Do not take a quick approach and expect immediate results, because this will lead to failure. The starting point for long-term development is to develop lasting mentoring relationships and basketball exchanges with elite basketball teams, clubs and nations. This will provide both players and coaches with the development necessary to learn from the best minds in basketball. Therefore, it is necessary to create a solid foundation in the training of young athletes that focuses on their long-term development. Without this, success will be nearly impossible.

5.2. Quality Preparation.

Colombia must create a standard of excellence for our preparation. This standard will be manifested in the way we prepare ourselves in practice, training, study and, of course, in the execution of the game. In the reflection

on the factors that can condition the development of high-level athletes (Alberto Lorenzo, 2005), the conclusion is reached that it is necessary to have quality preparation, since this is what will guarantee the correct development of the physical-technical capabilities that athletes will need to enter the elite, so it is necessary to implement in Colombia a procedure that guarantees quality preparation in each of the sports institutions. The author (Manuel Ullaguari, 2015) finds in his study that it is necessary to have a quality preparation and a continuous analysis of the results obtained from training, in order to identify the progress of athletes from an early age, since it is determined that there are certain preparation practices that can only be developed at an early age and will not have the same effect in adults, thus highlighting the importance of having a quality preparation and at an early age in order to have a complete development of athletes. The authors (Alberto Lorenzo, Jaime Sempio, 2005) emphasize that one of the most important factors in the development of elite athletes is training, because if it is done properly, the athletes' skills can be enhanced in a better way and the weaknesses that should be reinforced throughout their sports development can be highlighted.

In addition, it was evidenced that the starting point to have a quality preparation is to create winning habits and these must be taught and learned

repeatedly, this is part of Factor 1, long-term development. It should be noted that in this research it is identified that question 8, which deals with whether athletes plan how to deal with things that can go wrong, is the one with the lowest mean, so it is necessary that, to have a quality preparation in Colombia, coaches through formative talks should give tools to athletes so they can plan how to deal with future problems, both in their sports preparation and in their personal life, this to obtain results similar to those found in previous works (Alberto Lorenzo, Jaime Sampo, 2005),(Ruben Castellanos, Jose Chamorro, Cristina Lopez, 2018), (Yago Ramis, Miquel Torregosa, Carme Viladrich, Jaime Cruz, 2013), where they conclude that to have a correct sports training based on the quality of the preparation it is necessary to give athletes the autonomy and support necessary to make decisions in the face of adverse situations that may be found throughout their training process, so that in the future they can be integral athletes and belong to the sports elite.

5.3. Communication.

The most important aspect of communication for us in Colombia regarding creating a successful basketball nation is to communicate corporately. We must create more communication with each basketball club within Colombia. We must work together more, share foreign basketball relationships and contacts. Right now, we are fragmented and disjointed.

There is very little communication between basketball teams. We must also make a concentrated effort to build relationships with the following: NBA without borders program, Corporate funders, local community groups, FIBA, etc. The beginning of building these relationships **starts with communicating that we are serious about the sport of basketball** and developing fundamentally sound players. The most important communication must be governmental figures. They themselves have the influence to reach out to the other above groups and be effective. In a study conducted on the importance of communication in the development of athletes, the author (Oscar Estévez, 2016) finds that effective communication between coaches, family members and athletes is of vital importance for the development of children's talents, since with this the values and skills that athletes should have can be transmitted in a better way, which in turn would generate greater interest in children and enhance their sports development. The authors (Jherly Rendon, Natalia Arévalo, Nicolás Suarez, Viviana Montes, 2020) determine that through strategic communication young people can find a place in society, recognizing the talent that each of them has, which generates an environment of support and recognition, which motivates and enhances the training of athletes. It is also important to highlight that, when conducting a study on the motivational climate and communication style of the coach (Miquel

Torregrosa, Catarina Sousa, Carme Viladrich, Francisco Villamarín, Jaime Cruz, 2008), it is found that coaches with high experience and credibility adopt a communication model based on support, which generates that young athletes have more fun and therefore are more committed to the sport activity, this would encourage the proper development of each of them. In addition, it is important to create a good communication habit among each of the members of the teams since basketball is a team sport (Terán Travi, 2019) and with a good work and training environment, better results will be obtained.

Since for this factor it is identified that the question with the lowest mean is question 28, which deals with the help given to the athlete to develop mental strength in sport, this is why the need to train coaches is born so that, through good communication with athletes, they can give tools to young people to form their mental strength and thus ensure that they can carry the burden of being an elite athlete as it is identified in previous research (Victor Lopez, Jordi Sargatal, 2014), (Yago Ramis, Miquel Torregosa, Carme Viladrich, Jaime Cruz, 2013) that by having an effective communication and good support to athletes can provide children with the tools to develop the necessary mental strength to overcome the situations that may arise throughout the sports training. With all this we can guarantee that both the level of the teams and the support of the organizers and the government will

increase, generating more spaces for competitions and many more training places for young athletes.

5.4. Understanding the athlete/Support Network.

The authors (Balaguer, Castillo, Duda 2008) found in their research work that understanding the athlete and providing support in personal sporting aspects is of vital importance for them to be able to perform better in their sporting development. It is also identified through previous studies (Ruben Castellanos, Jose Chamorro, Cristina Lopez, 2018), (Yago Ramis, Miquel Torregosa, Carme Viladrich, Jaime Cruz, 2013) that the support to athletes is of vital importance for the correct development of their skills, this support must be done by the family and by the coaches who are part of their training, since they will then have the necessary tools to be able to solve personal and sporting problems throughout their lives. In addition, the authors (Victor Lopez, Jordi Sargatal, 2014) identify that in order to enhance the correct training of athletes it is necessary to understand all the fields of their lives, taking into account the personal, family, social and sporting aspects of each of them, since this can give tools to athletes so that they can have a comprehensive development and, in the future, have the skills to belong to the sport elite.

Because of this and because it is identified that for this factor question 22 of the questionnaire is the one with the lowest mean, the need arises that the people who provide support to athletes are in the same tune with them so that they really feel a support, this can be achieved through camps where there is an interaction between all the influential parties in the lives of athletes, this solution is proposed as it is found in previous studies (Oscar Estevez, 2016), (Ruben Castellanos, Jose Chamorro, Cristina Lopez, 2018), (Yago Ramis, Miquel Torregosa, Carme Viladrich, Jaime Cruz, 2013) that by performing a correct support to the athletes and getting to know all aspects of the life of each one of them, the sports training can be performed in a better way, since both family members and coaches will share the objectives that the child athletes propose, achieving that in the future they can belong to the elite of the sport. By having basketball camps in various cities in Colombia with build a “national basketball community” where kids will grow up in the program over a course of years. This will allow coaches and administration to organically understand the athlete, his family structure, social economic background as well as personality. Having these camps are important because the loosely create a family structure where both athlete and coaches get to know each other better. The national camp model exists in every successful basketball nation and is a must in Colombia. Having a support network and

understanding the athlete goes hand and hand. Unless you understand your athlete it's impossible to support them. Having basketball camps annually across the country along with constant communication between players, coaches, administrators and communities allows the support system to develop and evolve overtime.

5.5. Challenging and Supportive Environment.

Since it is found that several authors reach the same conclusion (Sánchez Sánchez, López Buñel, Giménez Fuentes, Sierra Robles, Ibáñez Godoy, Pérez de Rueda, 2006) where it is identified that for a correct sports development of young people it is necessary to have the greatest possible support, starting with the family, followed by the coaches and finally the country's entrepreneurs and the government, it is also necessary to ensure challenging environments for athletes since in this way, athletes gain experience and forge the mentality for future sporting events. In the study conducted on the incidence of factors associated with the development of high performance athletes (Luis Droguett, Benjamín Salazar, 2017) they conclude that forging a quality challenging environment has a 95% incidence in the formation of elite athletes, they also state that the constant support of both coaches and families and state figures of the country are of vital importance to enhance these challenging environments and thus athletes in training have

the necessary means for their proper development. It should be added that the authors (Alejo García, Eduardo Remor, 2010), (Hector Aguirre, Santiago Ramos, Adriana María, 2014), (Alejo García, Roberto Ruiz, Francisco Ortín, 2013) reach the same conclusion which states that having a challenging environment will offer athletes new challenges, new learning, will allow them to gain experience in sport, gain resistance to adverse situations, will have autonomy, will set and meet goals, will be able to adapt to different environments and changes and will be able to dominate the environment. This will allow the children in training to do it correctly so that in the future they can belong to the elite of the sport. Because of this, the need to build a supportive environment with a vertical structure is born. This means starting from the athlete, the family, the coach, the team, the community and the government. In addition, it is necessary to generate a challenging environment so that athletes can face different sporting challenges. In this research it can be identified that for this factor studied the question with the lowest average is 55, so it is necessary to make it clear to the athletes that, regardless of the results obtained in these sports spaces, the support will always be the same since it is desired to have a good development to be elite athletes, it is important that athletes understand that the support is independent of the results that can be obtained in these spaces since it is possible to identify in

previous studies (Ruben Castellanos, Jose Chamorro, Cristina Lopez, 2018), (Hector Aguirre, Santiago Ramos, Adriana María, 2014), (Alejo Garcia, Roberto Ruiz, Francisco Ortín, 2013) that by having an effective support in the bad and good moments of the athletes, the confidence that each one of them has will be enhanced, therefore an improvement in the physical and mental abilities of the athletes will be seen, ensuring that they can have the necessary tools to be integral and elite athletes in the future.

Everyone must communicate consistently with the goal of developing and nurturing their most promising athletes to success. If you look at the countries that are successful in sport, the strongest and most supported athletes stay in their country as they climb the ladder of success. Weaker countries see their star athletes leave for other countries. Due to lack of financial, social, emotional and other support, they move to another country in search of coaching, training, support, etc. This is why Colombia needs to take a comprehensive approach to creating a supportive environment by forming close relationships with whoever is willing to be involved in the long-term success of basketball. We must identify individuals and companies at all levels to communicate with each other and support the most promising athletes and teams on the road to success.

5.6. Long term development fundamentals.

The authors (Nuno Leite, Miguel Gomez, Alberto Lorenzo, Jaime Sampaio, 2011) find in their research that, to have long-term development fundamentals, one must first have a commitment to having a long-term development mindset, knowing that the results will take years to see. The authors (Balyi & Hamilton, 2004), (Pombero bautista, 2016), find in their studies that it is of vital importance that both the coach and the young athletes are clear about the fundamentals of long-term development, so that they can generate consistent objectives and have a broad vision of the future they want to have. They also affirm that to carry out this process correctly, it is necessary to link the people around the children, so that they will feel the support throughout this process and will have the necessary tools to carry out the long-term development plan that is proposed to them at the beginning of the training. In addition, in another study conducted on the training models used for the development of athletes (Paul Ford, Mark de ste Croix, Rhodri Lloyd, 2010) it is concluded that to obtain the best results in long-term planning it is necessary to start the development of the athlete at an early age, in order to correctly instill the necessary fundamentals and achieve optimal results, which will ensure the correct sports development of young athletes.

Once you have a commitment to this, you must create a definitive basketball plan where we have joint ventures, basketball exchanges, camps both national and cross-border, basketball tournaments and workshops. We must start this program at the youth level, knowing that it will take years to create a fundamental long-term basketball initiative. In addition, it is of vital importance that coaches link the families of athletes, so that young people feel the support of both coaches and their families and can have the desired long-term development, this is born as a necessity because in this research work is identified that for this factor the question with the lowest average is number 39, which speaks of the communication that exists between coaches and family members, where the goals and purposes of young athletes are evaluated, once this is done, coaches and family members of athletes will have tools to effectively support young people in training. This communication between coaches, family members and athletes is of vital importance since it is evidenced in previous works (Jherly Rendon, Natalia Arévalo, Nicolás Suarez, Viviana Montes, 2020), (Oscar Estévez, 2016), (Victor Lopez, Jordi Sargatal, 2014) that if there is this close relationship between them, it will be possible to have a more effective long-term training where the objectives and goals of the child athletes will be clear, managing to

give the necessary tools so that they can comply with the prepared training and thus in the future they can belong to the elite of the sport.

In order to have long term development fundamentals we must first commit to having a long-term development mindset knowing that results will take years to see. Once we are committed to this then we must create a definitive basketball plan where we have joint ventures, basketball exchanges, camps both national and cross borders, tournaments and basketball workshops. We must start this program at the youth level knowing that it will take years to create a long-term basketball fundamental initiative.

That being said, a catalyst will be necessary to expedite this process. The best catalyst would be to have a Colombian player having great success at the highest possible level, particularly in the NBA. Both can be done at the same time. As we start using the 6 factors to build a strong basketball foundation in Colombia, we can simultaneously seek out the best talent currently in Colombia and surround him with the support needed to take his skills to the highest level. Having the country through its supports in every way around the best few basketball players most likely to succeed at the highest level and developing them, whether in Colombia or abroad will greatly expedite the appreciation of basketball in the country. That person or

few players can be the national face of basketball in Colombia and could spark more interests in the sport, especially knowing the corporations and the government is willing to financially help the athlete. As a former player and current basketball administrator in Colombia, I truly believe we have these players now in my country and it's my job to identify them, develop them and give them the support they need in order to be the catalyst this country needs to gain international attention for Basketball in Colombia.

Chapter 6. Conclusions

- It is concluded that it is very important to keep a record or history at local and national level; in addition to keeping a systematized record either physical or virtual with respect to the data of its members through anthropometric measurements, physical and technical tests as well as models cited by different authors, until reaching the development of a national model that in turn nationally a model that in turn can serve in the evaluation and standardization of standardized talents for our country, and thus have a more targeted control with the sports population.
- Emphasis should be placed on the integral development of athletes, not only giving importance to physical and technical development, but also on psychological and social aspects, since these are key aspects when the young person emphasizes that motivation and attitude are key means through which optimal results can be achieved.

6.1 Recommendations

It is recommended that the training sessions are increased in terms of frequency (training days) and the duration and hourly intensity of the class, in order to carry out a better and more optimal programming in terms of the development and sports and sports training process of the youngsters. It is

recommended to put a lot of emphasis on the physical side and implement programs by means of talks directed to both genders, on t both genders, on the part of nutrition and encourage young people about the importance of keeping in good physical condition. the importance of keeping in optimal physical condition in relation to basketball as a sports discipline and the health part.

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국문초록

콜롬비아 농구 선수 개발 프로그램의 성공적인 롤모델

에드가

서울대학교 대학원

체육교육과 글로벌스포츠매니지먼트

이 연구는 개발도상국 남자 농구 선수들의 개발 프로그램에 성공한 주 요인들과 방법론, 그리고 프로그램을 설명하기 위해 수행되었다. 설문조사 및 논의 결과, 엘리트 농구 경기를 위한 청소년 선수 개발 프로그램에 있어 이들 요인이 콜롬비아 환경에서 어떻게 적용될 수 있을지 제시한다. 이 연구의 목적은 콜롬비아와 같은 저개발 국가들의 농구 talentos 개발을 위한 요인과 변인들을 결정하는 것을 목적으로 한다. 이를 위해 주요 구성 요소와 효과를 측정하기 위한 설문지를 활용하여 양적 자료를 수집하였다. 선수들의 발전을 명확히 보여주는 테스트를 개발한 선행 연구 전략들 중 일부는 연구 대상 집단의 샘플의 대표성을 보여주고, 확보한 결과를 검증하기 위해 응답들을 관찰하며, 설계된 과업들의 실행과 비교한다.

이전 연구 결과와 비교한 결과, 콜롬비아 농구 선수들은 코치들이 스포츠와 개인 차원 모두에서 선수의 발전에 매우 중요한 역할을 한다고 생각하였다. 이 연구에 참여한 젊은 선수들은 스포츠 및 개인 차원에서 결정을 내릴 때, 혹은 어려운 상황들을 극복할 때 코치의 도움을 받는 것이 매우 중요하다고 여겼다. 또한, 훈련을 계획하는 것이 매우 중요한 과정임을 알 수 있었다. 보다 나은 미래를 위해

적절한 방법을 프로그래밍하고 계획하는 것은 최적의 결과를 얻을 수 있는 핵심적이고 매우 중요한 과정인 것이다. 더욱이, 스포츠 입문 학교의 중요성을 발견할 수 있었다. 이는 어린 운동 선수들의 가치관을 심어주고, 좋은 위생 습관을 만들어주고, 개인적인 관리를 해주며, 균형 잡힌 건강 상태를 유지하고, 스포츠의 실행에 있어서 기술과 능력을 습득하고, 어린 선수들을 범죄로부터 멀리하게 해줄 수 있다.

본 연구에서는 수집된 자료의 분석 결과를 선행 연구 결과들과 비교함으로써 콜롬비아가 국제적인 차원에서 경쟁하기 위해 6 가지 기본 요소(장기적인 발전, 질적 준비, 커뮤니케이션, 선수 및 지원 네트워크의 이해, 도전적이고 지원적인 환경, 장기적 개발의 기초)들을 실행하는데 요구되는 시스템의 구축이 필요하다는 결론을 내릴 수 있었다. 이러한 요소들은 젊은 엘리트 농구 선수들의 발전을 보장할 것이다. 이 연구를 바탕으로 훈련의 빈도(훈련 일수)와 시간 및 지속 시간을 늘려 젊은 선수들의 발달 및 스포츠 훈련 과정에 있어 보다 우수하고 더욱 최적화 된 프로그램을 만들 것이 권장된다. 더욱이, 선수와 코치 모두를 대상으로 하는 적절한 영양섭취와 좋은 신체적, 정신적 상태를 유지하는 것의 중요성에 초점을 맞춘 강의를 통해 신체적, 정신적 요소를 강조할 것이 권장된다.

주요어: 콜롬비아, 농구, 개발, 개선, 개발도상국, 요인, 탠런트 선수

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