

SPORT PREPARATION SYSTEM IN TEAM SPORTS: SYNERGY OF EVIDENCE, PRACTICAL EXPERIENCES AND ARTISTIC EXPRESSION

The example of basketball club Saski Baskonia and soccer club Deportivo Alaves, Vitoria-Gasteiz, Basque Country, Spain (BAL performance system)

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INTRODUCTION

Sport is a social phenomenon of the contemporary age. Sport activity is the manifestation of a genuine human need for confrontation and destruction (winning) over another human being/group (the opponent). Sport teams use club or national symbols (uniforms, flags, anthems, coats of arms) to establish sport dominance. Sport rules provide a civilization framework and context to these confrontational tendencies. Confrontation of individuals and groups draws attention of the public, motivating athletes and sport teams to achieve the best possible results and make the best possible impression on the sport field. The attainment of results requires an appropriate and efficient sport preparation. A systematic approach in design of sport preparation reflects interests of many stakeholders in sport

(Digel, 2005). Sport preparation can be viewed as a complex process of improvement of all qualities of athletes and sport teams related to the enhancement of the confrontation with the opponent and the attainment of sport results.

The purpose of sport preparation is the improvement of high performance in sport. Sport performance (Figure 1) may be defined as a mental and physical expression of the athlete or the sport team during sport activities (training, competition, recovery) that can be monitored (described, measured, and assessed) and transformed. Monitoring (measurement, description and analysis) provides robust information on the status of the athlete and sport activity, while transformation (training, competition, recovery, and lifestyle) improves sport performance (Jukić, 2015b).



Figure 1. High performance in sport as the target of monitoring and transformation.

In the last century, various approaches to sport preparation design have been developed across the world (Matveev, 1964; Matveev, 1977; Zeljaskov, 2004; Platonov; 2005; Weineck, 2007; Bompa and Haff, 2009; Milanović, 2013). This field was initially dictated by national sporting systems. Over the last 30 years, sport clubs have become leaders in the development of systems designed to attain high performance in sport (Smith and Smolianov, 2016). The rate at which sport, sport preparation and all other relevant fields are developing is almost unreal.

Team sports are specific in many ways. Their popularity is a result of deeper psycho-social phenomena. Team sports are a fertile ground for the development of professional and business systems, adding to the industrial character to these sports. There are many stakeholders in the world of team sports that have found their interests in this environment. These interests are the main reason for an additional growth in popularity of team sports and individual athletes. On the other hand, business and public interests have placed increased demands on direct participants in the sports arena: sport teams, athletes and sport professionals.

DEMANDS AND CONSEQUENCES OF HIGH PERFORMANCE TEAM SPORT

Great and various interests related to high performance team sport require an extremely demanding sport preparation and sport competition process. This process can be described in terms of the following demands:

- congested competition calendar (e.g. 70-90 matches in the club schedule in basketball, 50-70 matches in the club schedule in soccer);
- large number of travels related to competitions (causing significant disruption of the regular bi-rhythm);
- extreme public pressure (fans, media, social networks);
- high expectations and pressure from the owners and club/federation management;
- insufficient time for developmental sport training;
- frequent changes of coaches and players.

The aforementioned demands on athletes and sport teams result in the following consequences:

- high oscillations in team and individual peak performance;
- increased number of sport-related injuries;
- disruption of the immunity of the athletes;
- significant psycho-social issues within the sport team;

- negative events in the private life of athletes;
- impossibility for the attainment of long-term individual and team sport development.

These demands and consequences have created a need for a systematic approach in design and implementation of sport preparation that will efficiently meet those new requirements of modern team sports.

WORLDWIDE EXPERIENCES IN STRUCTURING SPORT PREPARATION SYSTEMS

The need to respond to the demands of contemporary high-performance sport and to effectively deal with the consequences of such demands has resulted in various solutions relating to the creation of sport preparation systems, both in clubs and national federations. The basic idea of nearly all systems is to establish a high-quality organizational structure which, to a large extent, relies on the support of sport sciences (Zeljaskov, 2004; Milanović, 2013; Coutts, 2017). The pioneers of organized integral sport preparation systems were national sport federations and Olympic committees (Smith and Smolianov, 2016). Generally speaking, the first significant sport preparation systems were established by the Soviet Union, German Democratic Republic, Bulgaria and the USA, followed by Great Britain, Federal Republic of Germany, Australia, China and Canada. Later, several countries – Spain, Italy, Yugoslavia (succeeded by Croatia, Serbia and Slovenia), France, the Netherlands, Brazil, Argentina – were also noted for their high-performance sport systems. Also, countries that achieve high sport results only in one team sport (e.g. Portugal in soccer, Norway, Denmark and Sweden in handball, Lithuania in basketball, Australia, New Zealand and the Republic of South Africa in rugby, Hungary and Montenegro in water polo, Czech Republic in ice hockey, etc.) have also significantly contributed to the development of sport preparation and development of new approaches used in sport preparation. Some countries, like Island (handball, soccer), became noted for their excellent sport results despite their limited human resources.

In the team club sports category, outstanding sport preparation systems are those of the English soccer league (Premiership), American professional sports (particularly the NBA and the NFL), American college team sports (the NCAA), Spanish soccer and basketball leagues (La Liga and the ACB, respectively), Italian soccer league (Serie A), and German soccer league (Bundesliga). These countries

are still the leaders regarding the number of most important initiatives for the improvement of integral performance in sport. Significant funds have been allocated, sport preparation centers built, and specialists in various areas of sports preparation recruited with the common goal of enhancing sport results of individuals and teams.

In the majority of cases, the structure of sport preparation systems (Figure 2) in sport clubs or federations contains the following sectors:

- sport sector (the selection of players, technical and tactical preparation);
- physical conditioning sector (diagnostics of physical capacities, control of physical preparedness, physical conditioning, recovery);
- sport-medical sector (medical diagnostics, prevention and rehabilitation of sport injuries, immunological protection, sport nutrition and food supplements);
- sport psychology and mental training sector;
- sociology, physiology, biomechanics, biochemistry, analysis of sport activity);
- IT-analytics-statistics sector.

Relationships and interactions among individual sport preparation segments (sectors) have changed over the past few decades. Specialists (sport coaches) in particular sports were initially supported by sport physicians and physical therapists (athletic trainers), and soon after by physical conditioning experts as well. Later on, sport psychologists and nutritionists found their way into sport support teams, which were even more recently expanded by sport scientists (predominantly physiologists, statisticians, biomechanics experts and biochemistries experts) and analysts of various profiles (competition activity analysis, individual performance analysis, etc.). Despite the team effort, a full synergic effect maximizing the contribution of all experts in the team was typically not achieved due to isolated and unrelated contribution of each sector. Instead, efficiency of such a system depended on the motivation and ability of the head coach to create

an integral service comprised of various specialists. Since then, and particularly so in the past decade, there has been a strong initiative aimed at establishing integral performance systems, that contain all sectors and are led by the head of performance/performance director (Smith and Smolianov, 2016). The head's/director's competences include professional competence in the field of sport preparation, as well as sport management, IT and statistics skills and highly developed communication skills. Their role is to bring together all expert services into a single service that would deliver simple and easily applicable information to the head coach. Also, the head of performance will have an increasingly important role in making final decisions on the everyday activities and operations of sport teams. Additionally, the head of performance communicates with the management in order to ensure optimum conditions for the operation of such a complex service as well as to present reports to the management justifying the high investments. Generally speaking, the integral sport preparation service aimed at attaining integral sport performance is an important piece of the top sport result puzzle.

STRUCTURE OF SPORT PREPARATION AND INTEGRAL SPORT PERFORMANCE IN TEAM SPORTS

(the example of Saski Baskonia basketball club and Deportivo Alaves soccer club, Vitoria-Gasteiz, Basque Country, Spain)

The structure of sport preparation in team sports (Figure 3) is based on the principal goal of sport preparation – integral sport performance. Integral sport performance does not exclusively refer to the competitive setting and the attainment of sport results in competitions. Integral sport performance refers to all aspects of athletes' and teams' lives. This is due to the multidimensional factor structure of performance in team sports. Indeed, attained sport performance is conditioned by multiple factors that have a synergic effect on the attained competition results. This places integral sport performance at the very heart of sport preparation structure.

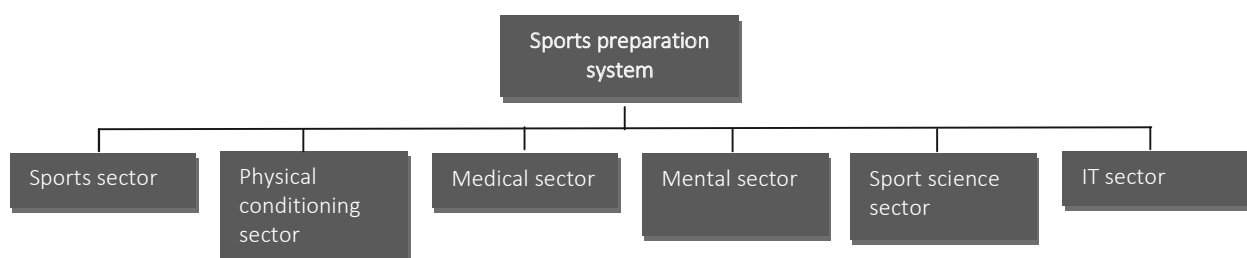


Figure 2. Typical constituting elements of sport preparation in sport clubs or federations.

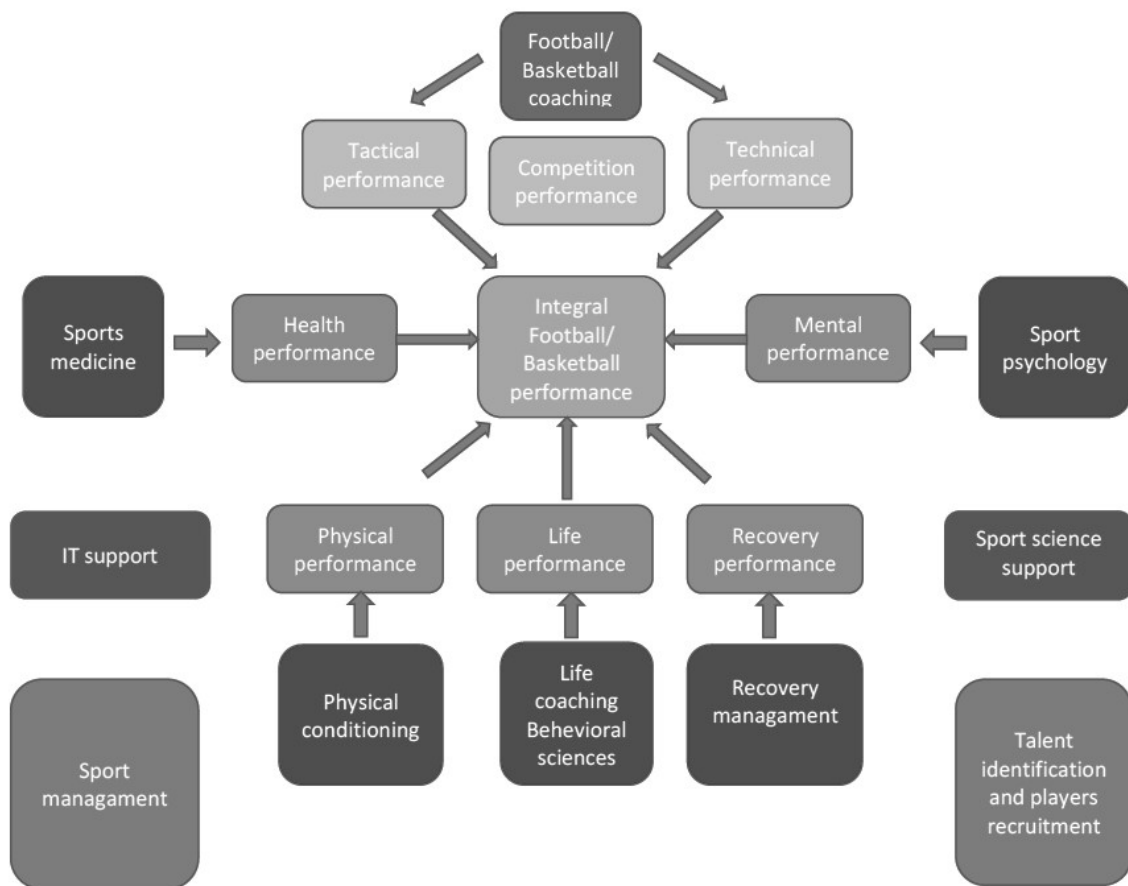


Figure 3. Integral sport preparation system.

One of the most important features of top sport preparation is its long-term character (Baly et al., 2013). Indeed, top sport results can be achieved only as a product of a continuous, systematic training with chosen talented individuals. Experiences of successful sport systems confirm this approach.

The factors dictating the success of sport performance identified in contemporary top-level sports include **talent, knowledge and conditions for sport preparation** (Jukić, 2015a).

Selection of individuals that meet all the requirements for high performance in sport is the essential precondition of a successful sport preparation. Such individuals are called talents, and talents identification follows different criteria depending on the sport on question (health, abilities, characteristics and skills). The success of **talent identification** process will to a great extent determine the success of the response to the training and recovery system (Jukić, 2015a).

In order to implement sport preparation with selected talents **adequate conditions for sport preparation** need to be ensured. Management is responsible for provision of such conditions. Professi-

onal personnel, facilities, equipment and finances are only a few of the conditions that pave the way for the talents to achieve top results. A high-quality structure and organization of clubs/federations is characterized by clearly defined rules, roles and responsibilities. A well-structured and managed organization assumes effective communication and an environment in which each member is motivated and appropriately valued for their contribution. Likewise, in the long run, the outcome of an athlete's career is in an essential way affected by one's family, school, close and extended social environment, friends, media and religion. The environment in which the athlete lives and trains affects to a significant extent the final outcomes of competitions as well as the overall athlete's career (Jukić, 2015a).

Knowledge set that defines the sport preparation process is conceptually determined by the knowledge based on the scientific evidence and practical knowledge based on the expert experience. Optimum relation of these two types of knowledge minimizes the chance for coincidence in the sport preparation. Subspecialisation of knowledge and

staff positions is also one of the main characteristics of the contemporary sport. Each staff position is occupied by expert personnel taking part in a specific type of education, training and professional development required for specific tasks and roles (Jukić, 2015a). Overall body of knowledge within the framework of integral sport preparation is aimed at the improvement of athletes' and sport teams' performance in sport.

Integral performance in sport is strongly related to various types of athlete's performances. Thus, the understanding of performance in sport relies on the recognition of following types of performances:

- specific performance in sport;
- general performance in sport;
- integral performance in sport.

SPECIFIC PERFORMANCE IN SPORT

The top priority of integral sport preparation is the improvement of specific performance in sport/skills as related to the unique characteristics of each team sport. Sport skill has a key role in the attainment of results at competitions (Wilson et al., 2017). It encompasses competition, technical and tactical performance.

Technical performance is a result of a long-term technical-tactical preparation described by the movement patterns used in a specific sport (Milanovic, 2013). The basis for efficient technical performance is technical training and mastering of skills as a continuous process implemented throughout the athlete's career. In simple words, it refers to the level to which the skills of a certain sport are mastered. The top level of technical performance is achieved when the skills are performed automatically and unconsciously in the most demanding situations, which occur at competitions. These situations are characterized by the maximum intensity of the activity, a high physiological load and substantial mental pressure. Teaching and mastering sport skills is implemented by sport coaches – specialists in certain sports (soccer, basketball, handball, volleyball coaches...). The efficiency of technical performance is assessed by the employment of one's skills in competitions and training, characterized by optimum movement patterns. Another important indicator of a high-quality technical performance is the efficiency of sport skills in real situations that occur during training sessions and competitions.

Tactical performance is a result of tactical preparation and accumulated situational experience of the athlete. The higher the level of technical performance, the easier it will be for the athlete to respond to the tactical demands presented by the coach or

the situations that occur at competitions. Tactical preparation system comprises the means for tactical improvement. Selection of means depends on tactical strategies, concepts and styles of play employed by the team and the opponents (Milanovic, 2013). The basic idea used during training is to simulate situations that occur at competitions in order to improve the athlete's tactical thinking and the ability to make decisions in demanding tactical situations. Teaching and mastering tactical skills (situational patterns) is also implemented by sport coaches, specialists in certain sports (soccer, basketball, handball, volleyball coaches...), aided by analysts of sport activity (video analysts and statisticians). The efficiency of tactical preparation is assessed on the basis of monitoring of the athlete in individual, group and team tactical situations during training and competitions.

Competition performance in team sports is an indicator of efficiency of the overall sport preparation system. Sport performance, as manifested in sport results, is the ultimate parameter in the assessment of the individual and the team. The quality of competition performance is a result of synergy of all aspects of sport preparation. This type of synergy cannot be precisely described in mathematical terms and can only be achieved if a systematic process of monitoring and transformation of all characteristics related to sport efficiency is employed. Nevertheless, not even a high level of individual aspects of sport performance is a guarantee of sport results. Therefore, it is important to achieve optimum correlations between various efficiency factors. Such correlations are determined by individual features of athletes, their training and competition history and the environment in which they train and compete (culture, team, competitions, training conditions). The head coach, aided by the coaching staff, is responsible for the preparation and quality of competition performance. The efficiency of competition preparation is reflected in the final result achieved by the team, team analytical data (team statistics and analysis of competition efficiency) and the individual contribution of each athlete (individual statistics and analysis of competition efficiency).

GENERAL PERFORMANCE IN SPORT

The second important body of knowledge is aimed at improving the general performance of the athlete, which forms the basis of the specific performance in sport. The general performance in sport includes health, physical, mental and life performance.

Health performance refers to the athlete's availability for trainings and competitions. The availa-

bility of the athlete is a central concept in elite sport – a one that is of interest to all stakeholders in the sport system. The most important aspects of the health status in team sports include the loco-motor, metabolic and mental health. The most common factor determining the athlete's availability is the loco-motor aspect of health. Therefore, the system for the prevention and rehabilitation of sport injuries significantly affects the athlete's physical availability (Talpey and Siesmaa, 2017). This is the domain of sports medicine, which utilises a multidisciplinary and interdisciplinary approach in treating athletes. Such a medical system typically includes the following disciplines: orthopedics, physical medicine, physiotherapy, kinesitherapy, internal medicine, cardiology, immunology, etc. The medical team is coordinated by the head of health department specializing in sports medicine who is appropriately supported by medical specialists of different profiles. Physiotherapists, rehabilitation and physical conditioning coaches also work with athletes on daily basis, and their task is to help the athlete to eventually fully recover and resume participation in the sport programme (Talpey and Siesmaa, 2017). Indeed, medical experts also communicate with sport coaches on daily basis, and their contribution to the programme (through daily recommendations of means, methods and loads) significantly affect the athlete's health status (Gabbet, 2016). One's level of health performance is determined by the number of days of the athlete's availability for trainings and competitions.

Physical performance refers to the demonstration of the athlete's sport-specific skills (Gamble, 2013). Physical performance is responsible for the athlete's ability to express his or her competition potential. Physical potential of the athlete refers to the athlete's physical constitution, characteristics of nervous and muscular system and energy capacities. Also, physical performance is closely linked to the athlete's health and mental status, which are a precondition for the athlete to successfully handle high training and competition loads. Finally, physical performance is the result of various basic or specific physical conditioning programmes. Physical conditioning programmes are designed and implemented by conditioning coaches through direct cooperation with sport coaches (NSCA, 2017). Physical preparation covers various subspecialties (strength and power training, endurance training, preventive conditioning training, specific conditioning training, etc.). The efficiency of physical performance is directly assessed through specific physical abilities tests and analysis of physical parameters of competition activity and indirectly through

health status, mental stability and specific competition performance.

Mental performance describes the sum of all cognitive functions and personality traits governing all relevant and meaningful activities of the athlete. Mental performance can refer to an individual athlete and a team. The complexity of team sports, training and competitions requirements and the demands of the immediate and wider environment present the athlete and the team with extreme daily mental challenges. The efforts of the experts who work with athletes are to a great extent focused on monitoring and improving the athletes' mental capacities. Athletes' mental capacities, as well as their mental skills, will also determine the efficiency of team efforts (MacNeill et al., 2014). Beside sport psychologists and mental coaches, sport coaches have a very important role in mental preparation of athletes. Due to their daily contact with the athletes, using their communication and mental skills, sport coaches can have a significant impact on the mental preparedness and team performance of the athletes. Therefore, the mental coach can also support the work of sport coaches. The efficiency of mental performance is assessed using specific tests of athletes' cognitive functions and personality traits related to training and competition as well as an expert assessment (conducted by the head coach and sport psychologist/mental coach) of their mental efficiency at competitions.

The ability to make a fast and efficient recovery (recovery performance) after extreme demands of training, travel and competition determines the athlete's ability to resume stable bodily functions and to efficiently respond to the demands of the next sport event (training and competition). The ability to recover is a complex category described in terms of physiological and psychological capacities of athletes. This ability can be improved with good physical preparedness, mental stability, adequate lifestyle and the experience of the athlete. Also, the recovery can be acutely improved using a large number of recovery methods (Calleja et al., 2015). Very important aspects of efficient recovery are: sleep, nutrition and travel management (Samuels and Alexander, 2013, Williams et al., 2017). The key factor in fast and efficient recovery is the athlete's understanding and awareness of all recovery segments. Also, one of the key aspects of recovery is the care of choice, dosage, frequency and distribution of training (recovery within and between exercises) and competitive (playing time) contents and loads. A multidisciplinary expert team (head coach, assistant coaches, physical conditioning coach, sport physician, sport psychologist, physiotherapist, nutri-

tionist) works on the improvement of the recovery ability. The efficiency of recovery is assessed using specific physiological and psychological parameters (Calleja, 2017) and analyzing one's performance quality in the environment of continuous high physical and mental demands.

Life performance refers to one's life outside the time officially spent in the club (training, competition, travel). This time amounts to an average of 16-20 hours a day. This means that athletes spend the majority of time in their own life regime, pursuing their own lifestyle, which does not include expert control. It is thus extremely important to mold value systems and life habits of athletes, which is the domain of work of life coaches, psychologists, pedagogues, sociologists, but, primarily, sport coaches. However, the actual protagonists of sport activities – athletes themselves – have the greatest responsibility in making decisions about their own lives. Appropriate habits, behaviors and decisions of athletes have the largest impact on the efficiency of integral team performance. The efficiency of life performance is assessed on the basis of lifestyle quality appropriate for the elite sport, the structure of system of values and the level of content and happiness with one's life.

INTEGRAL PERFORMANCE IN SPORT

All previously described types of performance contribute to the synergy of integral performance. Certain types of performance have a certain impact on other types of performance. Thus, for example, the health performance largely depends on one's physical preparedness, lifestyle, quality of recovery and mental stability, but also on training loads used within technical-tactical preparation. On the other hand, nutrition is an integral part of various types of performances and has an impact on one's health performance (nutritional balance and immunity), physical performance (structural and energy training), recovery (replenishing of energy and structural compounds) and lifestyle (nutritional culture). The final quality of certain type of performance is therefore affected by other types of performance, reflecting the internal complexity and external interdependence of all types of performance or the integral performance of athletes and sport teams. The best way to assess integral performance in sport is by assessing the recurring quality of performance at competitions. However, all types of performance in the environment outside competitions (training, recovery, private life, level of physical preparedness, mental skills) have an impact on the building of integral sport personality. Only those athletes who can manage all aspects of their lives can achieve

top sport results. The greatest responsibility for integral performance in sport lies with the head coach and the head of performance. In the near future, it is expected that a new profession will be developed within the framework of sports preparation, which is an integral performance specialist. The efficiency of integral preparation in sport is reflected in the synergy of all types of performance and it primarily results in a long-lasting, successful and consistent career of the athlete and a successful, consistent and balanced development of sport teams in multiannual sport preparation cycles.

SUPPORT SYSTEM FOR INTEGRAL PERFORMANCE IN SPORT

SPORT SCIENCE SUPPORT

Sport sciences provide a support for sport experts using evidence-based information (Eisenmann, 2017). Such information generally involves the findings of applied research, which complements practical knowledge and experience of the experts. The support in elite team sports mostly comes from the following sciences: kinesiology, physiology, psychology, sociology, biomechanics, sport medicine, biochemistry, etc. In their research, sport sciences should use the ideas and problems occurring in common situations in everyday sport practice. It is very important to establish a system of transfer of research findings to the sport practice (Coutts, 2017). This is only possible if sport experts consider research findings valuable and useful. Hence, sport sciences can become a useful service and a tool of sport experts and provide helpful information for solving practical issues. In doing so, sport sciences should adhere to the evidence-led and informed practice principles (Buchheit, 2017a).

IT AND TECHNOLOGY SUPPORT

Progress in technology and IT sectors to a significant extent reflects the progress of a society and the respective quality of life. Sports and sport preparation are no exception in this sense. Advanced technology solutions and IT support increasingly contribute to the improvement of sport preparation. Modern technology is used by sport experts in the processes of monitoring and transforming athletes and teams by means of training, competition and recovery. Accurate and detailed monitoring (diagnostics) decreases the probability of error and coincidence in diagnosis. Modern diagnostics technology solutions significantly improve monitoring (Buchheit and Simpson, 2017). Accurate and clear diagnosis is a precondition for procedures related

to the transformation of the athlete's abilities and characteristics (Torres-Ronda and Schelling, 2017). The most important factor affecting the efficiency of transformation procedures is the sport experts' understanding of adaptation processes occurring as a result of sport training programmes. However, conditions in which such programmes are implemented are also becoming increasingly important. New technologies, particularly training exercise technology and recovery technology, are booming. Diagnostics equipment, data analytics software, applications, training machines, training equipment, physical means of recovery, microtechnology devices for load monitoring and other technology accessories provide a support for the achievement of sport preparation objectives (Jukić, 2015b). Therefore, IT and technology support are excellent tools in the process of development of integral performance in sport.

- diagnostics of capacities of athletes and teams (all types of performances);
- design of training, competition and recovery programmes;
- implementation of training, competition and recovery programmes;
- monitoring of training, competition and recovery programmes.

All listed procedures are interchangeably used on daily or sometimes even hourly basis. This process is characterized by a large amount of data being collected, analyzed and used (collection, incubation and acceleration of data/information) in continuity and in extremely short time intervals. Therefore, it is important to establish a system in which a large amount of available initial data will be rationally analyzed in order to enable simple and efficient decision-making procedure (for heads of different sectors, the head of performance and the head coach).

METHODOLOGY FOR IMPROVEMENT OF INTEGRAL PERFORMANCE IN SPORT

Methodology of sport preparation (Figure 4) is a complex process of description and evaluation of procedures related to monitoring and transformation of athletes and sport teams. The final result of this process is sport preparedness as a prerequisite of integral performance in sport and of achieving desired results at competitions. Integral parts of the sport preparation process are the analysis of performance, design of methodology for performance improvement, and improvement of performance. This process comprises the following procedures:

SPORT PERFORMANCE AS SCIENTIFIC, EMPIRICAL AND ARTISTIC EXPRESSION

Sport science and evidence-based knowledge help sport experts manage the sport preparation process more rationally (Coutts, 2016). Sport training is an almost algorithm-based process with the underlying intention of minimizing coincidental events and outcomes. Rich experience of sport experts acquired by dealing with everyday problems also contributes to the selection of best solutions for the achievement of desired sport goals. However, it is difficult to come to any conclusions using the mathematic-cybernetic approach since results and

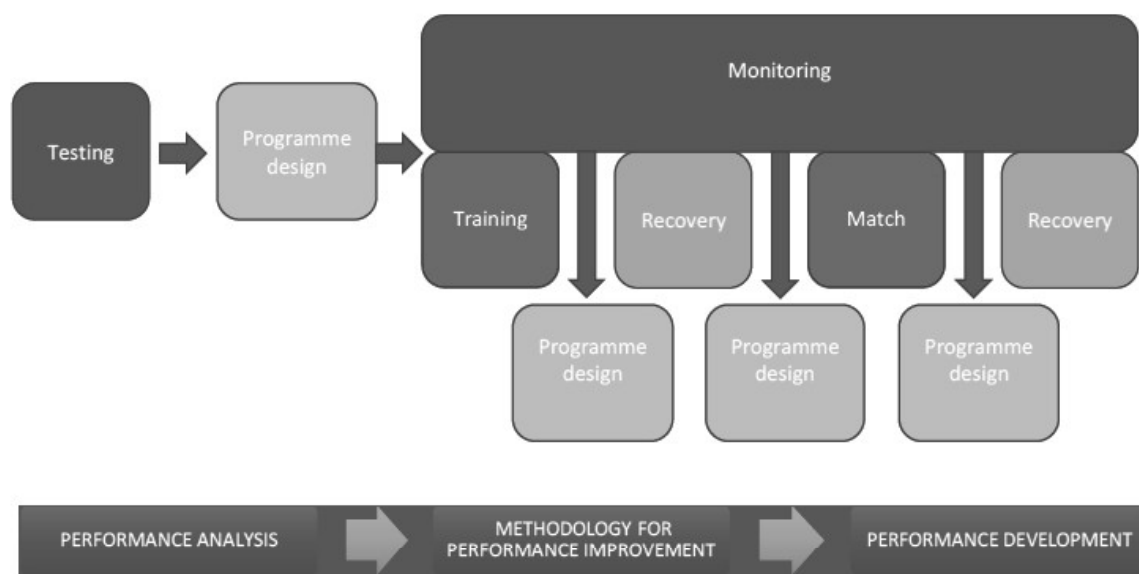


Figure 4. An example of methodology process for improvement of integral performance in sport.

sport preparation depend on a huge number of factors. The unexplained part of the variance of the human being and the potential of training impact open up a space for making conclusions on sport training as for a form of artistic expression (Jukić, 2015a). Sport coaches and experts improve and update their knowledge throughout their careers. At the same time, they acquire practical experience in the application of theoretical knowledge and scientific findings. Practical experience based on a systematic body of knowledge forms the basis for expert decisions which, due to their complexity and synergy value, assume the character of artistic expression (Figure 5). This artistic expression forms and articulates the living matter through top sport results. The living matter in this case refers to the athletes and the sport team. Through an unlimited number of possible situations in training sessions and competitions athletes and sport teams realize their own unique and outstanding performance, an artistically colored high performance in sport (Jukić, 2015a).

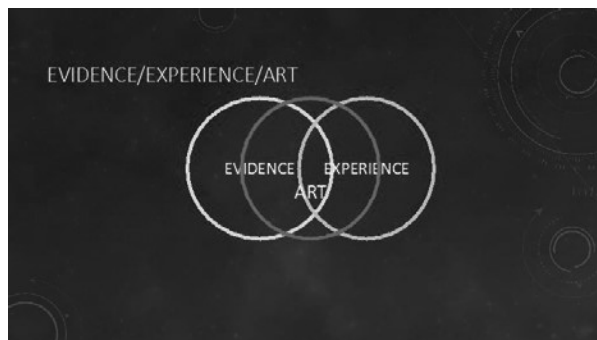


Figure 5. Synergy of evidence, experience and artistic expression in everyday work of sport experts.

HIGH PERFORMANCE IN SPORT IN THE SERVICE OF LIFE

Talent, hard work, environment, winning, results, medals, trophies... These are all key words related to the elite sport which usually describe the causes and consequences within the system. Hard work of recognized talents under the supervision of experts leads to the attainment of top results (Jukić, 2015a). However, causes and consequences cannot entirely explain the essence and substance of sport as an unprecedented social phenomenon. The essence of sport is reflected in each moment of personal realization, each moment of complete dedication to higher goals. Higher goals are determined by the sense of content and happiness at the end of each successful effort, each mistake and each moment in sport. In those moments, sport becomes life. In those moments, sport becomes the way of life. Fi-

nally, it is at those moments that sport achieves the purpose of life (Jukić, 2015a).

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