
**Research into Physical and Technical Training
of Players of the Derzhava Basketball Club
at Derzhavin Tambov State University**

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Keywords: basketball; Derzhava basketball club; student sports;
technical training; physical training.

Abstract: The physical and technical training of the players of the Derzhava basketball club was tested in order to correctly build the training process, in which team players can withstand not only training loads, but also successfully perform in competitions held between universities and in the region.

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