The aim of our inquire-research wanted to be a stimulus for reflection for every Minibasket Instructors, who are often too much worried about contents and executive modalities of exercises or games and less careful about how much children are effectively involved in Minibasket training from a physiological point of view.

Minibasket is a sport-game practiced by children between 6 and 11 years old. Trainings take place twice a week and they are one hour long each. We made an inquire-research in 12 Minibasket Centre, which organized activities with children between 7 and 10 years old. We prepared a monitor paper on which we could precisely and chronologically note everything we observed. First of all we noticed that some children were more involved in the game and played more than others. Therefore, we followed 24 trainings and we made a children sampling, picking up 8 children between those who had better motor abilities, 8 children between those who had worse motor abilities and 8 children at random. We observed, inside the 12 trainings for category (Squirrels and Eagles, according with children age) 6 trainings with groups composed by no more than 12 children and 6 trainings with groups composed by 13 to 24 children. At the end of the inquire, with all the data, we filled final total time and highlighted 8 voices with relative times, exactly calculating the time of each training and making an approximation by excess or by defect to 30 seconds. The different elements have been revised to calculate the average and to get a summarising schedule (Actual active time: 40.44% of the entire lesson).

These data can bring us to some interesting observations:
- time used for the explanation and the correction of exercises is very high;
- bigger groups work less than smaller groups;
- idle time is very high during the entire training time.

This means that, in a training of one hour long, a child plays and actively moves for about 24 minutes. Considering that a child goes training twice a week, in a month he will train for about three hours. Considering that in a week, with two hours of training, each child practices from 43 to 56 minutes, the real activity time is less than 50% of training length.

Thanks to these data and thanks to the experience, observing different Minibasket trainings, we would like to advise Instructors:
- to better communicate;
- to avoid idle time;
- to motivate children and better organise the training;
- to use teaching method more adequate to children age;
- to present exercises and games in a more interesting way and involving more children (with many variations) and keeping high rhythm of training;
- to previously program the training and to change it, if nec-