



Effect of Basketball Specific Training on Skill Performance Variables among the Inter-collegiate Men Basketball Players of Mangalore University

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Abstract

The purpose of the present study was to find out the effect of Basketball specific training on select skill performance variables among the intercollegiate men Basketball players of the Mangalore University. For this purpose, thirty men basketball players in the age group of 18 - 25 years were selected as subjects. The selected subjects were divided into two equal groups, in which Group-I: Basketball Specific Training Group (BSTG) (n=15) underwent specific training and Group-II: Control Group (CG) (n=15) acted as control which did not participate in any training but was allowed to play basketball regularly. The training programme was for five days per week for twelve weeks. Prior to and after the training period, the subjects were tested for field goal ability; throw accuracy ability and dribbling ability. These were assessed by administering AAMHPER Basketball Ability Test consist of the Field Goal Speed Test; Basketball Throw for Accuracy and Dribble test. The statistical tool used for the present study was 't' test. After applying the 't' test, it was found that there was significant improvement in the selected skill performance variables such as field goal ability, throw accuracy ability and dribbling ability of the Basketball Specific Training Group (BSTG) when compared with the Control group. Based on the results it was concluded that the Basketball Specific Training significantly improved the basketball performance abilities such as field goal ability, throw accuracy ability and dribbling ability of male Basketball players.

Keywords: Basketball Specific Training, Field Goal Speed, Throw Accuracy, Dribble.

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Introduction

Today sports training are mostly based upon the competitive motive. Each nation is trying to achieve top level performance and to win laurels in international competitions. Sports training are the basic form of an athlete's training. Coaches and athletes have always searched for training programs which will result in better performance. The evaluation of weight training as a program leads to improve performance. In some sports, strength is highly important for performance. Acquisition of sports skill is important to enable the sportsman to do the required motor actions during competition without concentrating on the movement execution.

The game Basketball is one of the most popular sports in the world. The attraction of the game lies in the fact that it is fast moving and is played on relatively a small court so that every player is constantly involved in the action. Basketball is one of the most popular sports where a variety of skills will be tested (Taylor 2003). The Nature and type of skills is determined by the nature of the competition in sports. Like any sport, basketball player requires basic fundamental skills i.e. throwing, passing, dribbling, and shooting. The basic fundamental skills in basketball require a player to quickly assess the

situation and act accordingly. Basketball demands a mastery of several distinct skills, including the abilities to dribble, pass, crossover, block and rebound and to score baskets from lay-ups, jump shots and free-throw shots (Bossi, 2005).

Fitness defines the ability to perform physical activity, and encompasses a wide range of abilities. Each sport activity requires a specific set of skills, and so being fit for a sport requires a specific skill set. Testing is essential for the development of a basketball player. Initially, the purpose of testing is to gather baseline data on fitness components such as speed, power, endurance and strength. This will help determine the athlete's strengths and weaknesses relative to the demands of basketball and assist in identifying what training and activities are required to improve their game.

Objective of the Study

The objective of the study was to determine the effect of Basketball Specific Training on Skill Performance variables of intercollegiate male Basketball players.

Hypothesis of the Study

It is hypothesized that there would be a significant difference in the Skill Performance variables of the experimental group by practicing basketball specific exercises.

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Methodology

To achieve the purpose of this study, 30 Inter collegiate male basketball players were selected from Mangalore University, Mangalore, Karnataka, India. They were divided into two equal groups, namely Group-I BSTG (Basketball Specific Training Group) and Group-II CG (Control Group). After assigning the subjects to groups, 't'- test was conducted to assess the skill performance variables such as field goal ability, throw accuracy ability and dribbling ability by administering the AAMHPER Basketball Ability Test consisting of the Field Goal Speed Test; Basketball Throw for Accuracy and Dribble and this was considered as pre-test. After the pre-test, Group-I (SBTG) underwent a specific basketball training program for 12

weeks, and Group-II (CG) did not engage in any training given by the scholar. After the 12 weeks, post-test was conducted for both the groups, and scores were recorded accordingly. The collected data was evaluated using 't' test analysis. The proposed hypothesis was tested at 0.05 level of confidence. The Statistical Software for Social Science (SPSS) was used.

Analysis of Data

The data collected prior to and after the experimental period on the selected physical fitness variables such as speed, explosive strength, flexibility and agility of Basketball Specific Training Group (BSTG) and Control Group (CG) were analyzed.

Table I. Table showing 't' test analysis between pre test and post test scores for selected skill performance variables such as Field Goal Speed Ability, Throw Accuracy Ability and Dribbling Ability for Basketball Specific Training Group (BSTG) and Control Group (CG) (N=15 Each group).

Physical Fitness Variables	Group	Control Group			Experimental Group (BSTG)		
		Mean	SD	't' Value	Mean	SD	't' Value
Field Goal Speed Ability (In Points)	Pre Test	15.333	1.988	1.31 ^{NS}	15.200	2.028	5.25**
	Post Test	16.266	1.907		18.600	1.473	
Throw Accuracy Ability (In Points)	Pre Test	22.333	2.160	0.07 ^{NS}	22.300	1.624	3.34**
	Post Test	22.400	2.472		24.266	1.594	
Dribbling Ability (In Points)	Pre Test	13.666	2.768	1.12 ^{NS}	13.933	2.455	4.79**
	Post Test	14.600	1.638		17.200	0.961	

^{NS}Not Significant: * Significant at 0.05 level [Table Value = 2.04]

The above table shows that the obtained 't' values 1.31 (Field Goal Speed Ability); 0.07 (Throw Accuracy Ability) and 1.12 (Dribbling Ability) for control group are less than the table value 2.04, hence. It is not significant even at 0.05 level of confidence. Hence it is concluded that the changes made from pre-test to post test were not statistically significant among control group.

Table-1 further shows that that the obtained 't' values 5.25 (Field Goal Speed Ability), 3.34 (Throw Accuracy) and 4.79 (Dribbling Ability) for basketball specific training group (BSTG) are greater than the table value 2.04. It is significant at 0.05 level of confidence. Hence it is concluded that the basketball specific training group significantly improved the selected skill performance variables of men Basketball players.

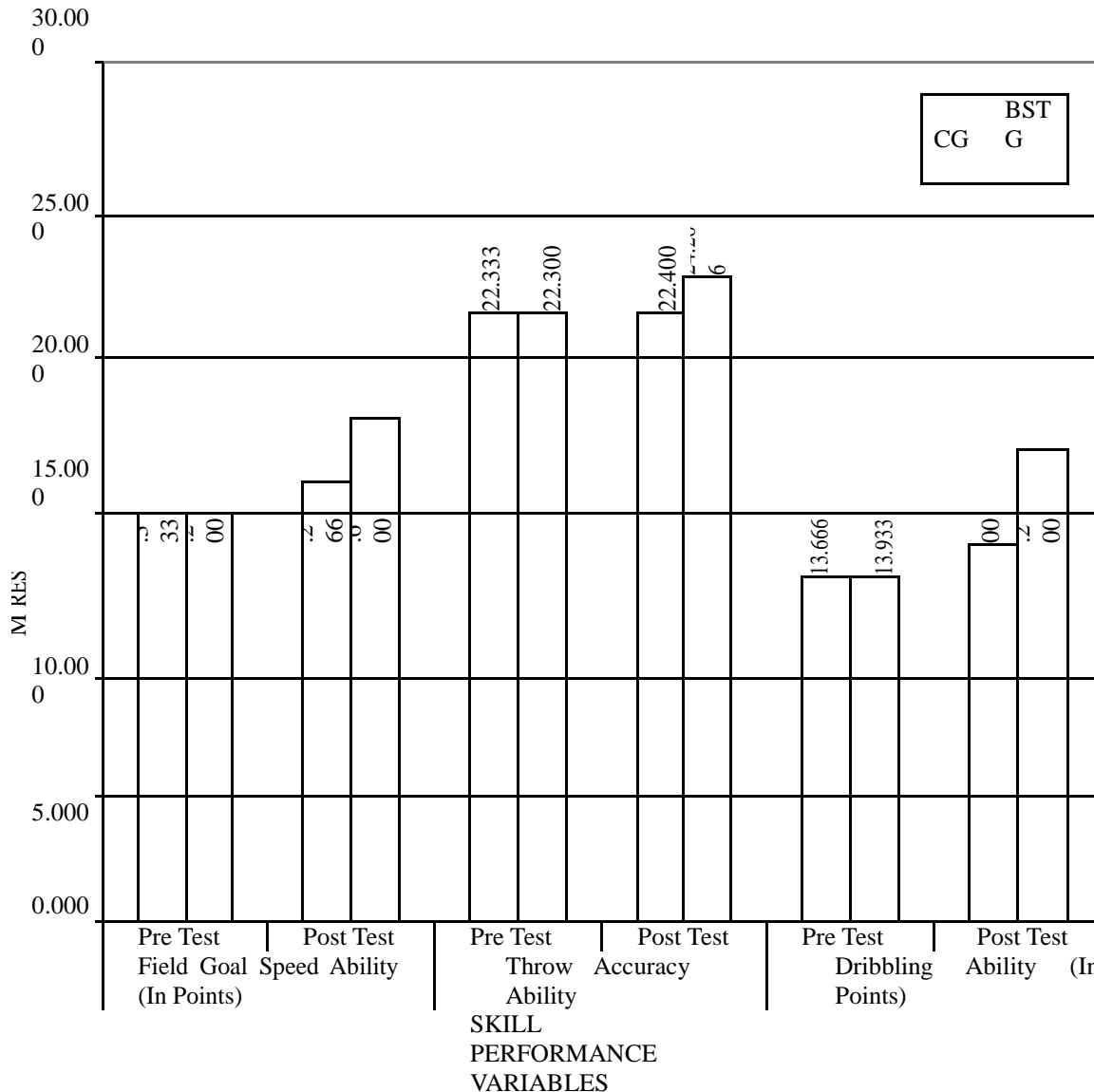


Figure I. Comparison of pre and post test mean scores of skill performance variables for experimental and control groups.

Discussion on Findings

The present study found out that the effect of Basketball Specific Training programme on skill performance variables of Mangalore University Basketball men players after administration of test for collection and data and appropriate statistical analysis. The researcher made an attempt to discuss the findings based on the obtained results. The researcher examined the effect of basketball specific exercises on skill performance variables of basketball players. The results showed that specific exercises improved selected variables such as field goal speed ability, throw accuracy ability and dribbling ability of basketball players. This was due to the subjects participated in the specific basketball training programme such as flexibility exercises, strength, agility, speed, and endurance drills which to specifically fulfill the requirements of competitive basketball players. Precise movements are required for field goal speed shooting in basketball. Naturally and for precise movements, psycho-motor

abilities become very important. Similar results were reproved by Chidambara Raja (2014) and Prem Kumar (2014) who had found that specific exercise programmes and footwork and agility workouts improved the skills of Basketball Players. The game of basketball needs sudden burst of speed, unexpected stops, jumps, turns, changes in direction and pace with and without the ball, in response to the direct action of the opponent. All fundamental skills in basketball namely dribbling, passing and receiving, shooting, rebounding and defensive movements need a sound specific speed and agility to achieve a high level performance. Studies have proved that the ability to use proper specific speed and agility drills has a greater impact in performing defense, rebounding, handling the ball or moving in to different offensive and defensive positions.

Conclusion

It is concluded from the results of the study that the twelve week basketball specific training schedule is

efficient enough to improve shooting, passing and dribbling movements.

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