The Effect of Special Exercises for the Development of Performance Endurance Ability and Correlation it with Accuracy Scoring from Jumping in Basketball

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Abstract

The objective of the research was to identify the effect of the special exercises in the research in developing the ability to withstand the performance of the basketball as well as to identify the relationship between the performance and accuracy of the scoring of jumping basketball. The researcher used the experimental method for his research problem. The research sample was chosen in a deliberate way. They are (22) players who are divided into two equal groups (10) players for the experimental group and (10) players for the control group and a percentage of (90%) from the original search community where players were excluded for the purpose of the exploratory experiment. After the main experiment and tests were completed, the (SPSS) program was used for statistical data processors to reach the results, after which the results were presented and discussed. The results of the study showed that there were statistically significant differences between the post tests of the two groups in the basketball endurance test and for the benefit of the group. The results showed that there is a correlation between the ability to withstand performance and the accuracy of the scoring of basketball jump as the increase in working periods affect the concentration and thus reduce accuracy. The researcher recommended the use of special exercises according to the skill requirements to be developed in order to reach the required level. He also recommended the need to develop the ability to withstand the performance of the players because they are closely related to the accuracy of the scoring. And recording when the basketball.

Keywords: Special exercises, Performance endurance, Ability, Accuracy and jumping.

Introduction

The development of training science gives priority to coaches to take care of players according to the principles and scientific formulas that lead them to achieve the best achievements with the least effort according to the use of modern training methods that have become Sure, one of the winning cards that coaches have if used properly. One of the basics of sports training is the physical preparation of the athlete, which is one of the most important bases of sports preparation in all sports and games, including the game of basketball and the need to implement their skills to some special physical abilities. Special exercises are "harder exercises than general physical exercise, but they are easier than exercise exercises aimed at improving the technique of various events or sports, and represent a stage of the technique is part of the game or effectiveness".[1] Jassim Mohammed Nayef (1986, 49) confirmed that the special exercises are "the efficiency of the body against the requirements of the specific activity.[2] Sports has also developed as a result of the development of various sciences in terms of methods and methods of modern science, which helped to raise the level of sports and the sport that has developed rapidly in recent years is the game of basketball, where attention to this sport is increasing and become the attention of many, The most popular games in many countries of the world, in addition to the increasing interest of this game in our dear country. The offensive skills need special physical abilities and these abilities must be used to serve the nature of the skillful performance in basketball, especially the skill of scoring, as some trainers rely on the training of physical abilities, some of them have nothing to do with the accuracy of the skill of scoring, which should be training towards the motor performance of skill and Requirements and conditions of the game. Therefore, the
researcher saw the use of special exercises to withstand the skill of scoring from jumping basketball. The game of basketball includes offensive and defensive skills, which vary in their needs to the types of special physical abilities and high accuracy when implemented as the accuracy is "the ability to direct the movements of the individual's desire towards a particular goal".[3] The most important skills that require special physical abilities and high accuracy skill scoring for their association with the movement of technology and focus on the injury basket and scoring points, where this skill plays a crucial role in the win and loss of teams because of the importance of the games. Hence the importance of research in the fact that the skill of scoring is one of the most important skills in the game of basketball, which needs to physical capabilities, especially when trained and most important ability to tolerate performance and high accuracy when the scoring in order to reach the required level and stage of achievement.

Research Methodology

The researcher used the experimental method in dealing with the research problem as it is more suitable for the nature of the research and reaching the results.

Research Community and Sample

The sample of the research consisted of the players of the Sports Police Club (for youth) and 20 (20) players who were chosen by the intentional method and were divided into two equal experimental groups and their officers were distributed randomly to the two groups by drawing lots according to the test scores of the sample. The research identified a percentage of (90%) of the original research community where players of the same sample were excluded from the research.

<table>
<thead>
<tr>
<th>Sample</th>
<th>Mean</th>
<th>STD.EV.</th>
<th>(t) calculate*</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control</td>
<td>13.20</td>
<td>0.63</td>
<td>0.325</td>
<td>Non sig.</td>
</tr>
<tr>
<td>Experimental</td>
<td>13.10</td>
<td>0.73</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* At the level of significance (0.05) and the degree of freedom (18).

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</thead>
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<tr>
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<td>14.50</td>
<td>0.52</td>
<td>0.429</td>
<td>Non sig.</td>
</tr>
<tr>
<td>Experimental</td>
<td>14.40</td>
<td>0.51</td>
<td></td>
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</tr>
</tbody>
</table>

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Tools and Devices Used in Search

- Basketball court.
- Basketball ball's number (20).

The goal of basketball

- Whistle.
- Stopwatch.
- Stationery.
- Personalization.
- Tape measure.

Tests Used in Research

Test of Jumping for 4 Minutes [4]

The Purpose of the Test

To measure the oxygen tolerance of the skipping skill and its accuracy

Tools

(Playground, balls basket number (5), basketball goal, whistle, stopwatch, registration form)

Performance Description

The laboratory stands in the middle of the pitch and when the instruction runs to one of the goals and from the free throw area receives the ball and jump and jump then return directly to the other goal and from the free throw area receives a ball and straighten jump and then return directly to the other goal and from the free throw area receives the ball and lead the scoring Jumping and so on for (4) minutes.

Method of Registration

Calculate the number of successful scoring and scoring, the following equation was used to calculate oxygen endurance.

Endurance

The ability of the body to resist fatigue + rapid recovery
Pilot Study

The research conducted its pilot study on Friday, 13/10/2017 on players from the Sports Club Youth Club and was later excluded from the same research.

The purpose of conducting the exploratory experiment was to identify the obstacles and difficulties that the researcher may encounter while holding the tribal test on the same eye competence of the work team and their knowledge of the processes and tests for research and knowledge of the time of application tests and suitability to the sample of research.

Pretests

The researcher conducted the pretests on the same research at 6 pm on Saturday, 14/10/2017 and under the supervision of the researcher and trainers of the Sports Club has taken into account the researcher as far as possible to adjust the variables in terms of time and place and the auxiliary team for the same survival in the posttests, And the parity between the control and experimental groups was performed from the results of the tribal tests of the two groups in order for the researchers to attribute the difference in performance level to the independent variable of the study.

Main Experiment

The main experiment included the implementation of the vocabulary of the experimental curriculum of the experimental group as of Sunday, 15/10/2017 under the supervision of the researcher.

The control group applies the curriculum followed by the same coach. The number of educational units for the total period of research (32) Minutes per unit.

Posttests

Posttests were conducted on the sample of the research at 6 pm on Saturday, 30/12/2017, and the researcher was keen to create the same conditions for the conditions of the tribal tests and all aspects of the temporal and spatial and the task force to identify the extent of improvement in skills Under study by the independent variable exclusively.

Results and Discussion

Table 3: Shows the mean and standard deviation and its value (t) for the pre-test of the control and experimental groups in the test of the oxygen endurance of the skill of jumping basketball

<table>
<thead>
<tr>
<th>Test</th>
<th>Control(pre)</th>
<th>Experimental(pre)</th>
<th>(t) calculate*</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxygen endurance</td>
<td>Mean 13.20</td>
<td>STD.EV. 0.63</td>
<td>Mean 13.10</td>
<td>STD.EV. 0.73</td>
</tr>
</tbody>
</table>

* At the level of significance (0.05) and the degree of freedom (18).

Table 4: Shows the arithmetic mean, standard deviation and (t) values for the pre and posttest of the control group in the oxygen endurance test for the skill of shooting from basketball jumping

<table>
<thead>
<tr>
<th>Test</th>
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<th>Control(posttest)</th>
<th>(t) calculate*</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxygen endurance</td>
<td>Mean 13.20</td>
<td>STD.EV. 0.63</td>
<td>Mean 13.50</td>
<td>STD.EV. 0.52</td>
</tr>
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* At the level of significance (0.05) and the degree of freedom (18).

Table 5: The arithmetic mean, the standard deviation and the (t) values for the pre and posttest of the experimental group are shown in the oxygen endurance test for the skipping skill of basketball jumping

<table>
<thead>
<tr>
<th>Test</th>
<th>Experimental (pre)</th>
<th>Experimental (posttest)</th>
<th>(t) calculate*</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxygen endurance</td>
<td>Mean 13.10</td>
<td>STD.EV. 0.73</td>
<td>Mean 15.50</td>
<td>STD.EV. 0.52</td>
</tr>
</tbody>
</table>

* At the level of significance (0.05) and the degree of freedom (18).

Table 6: Shows the mean and standard deviation and its (t) value for the post-test of the control and experimental groups in the oxygen endurance test of the skipping skill of basketball

<table>
<thead>
<tr>
<th>Test</th>
<th>Control(posttest)</th>
<th>Experimental (posttest)</th>
<th>(t) calculate*</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxygen endurance</td>
<td>Mean 13.50</td>
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</tr>
</tbody>
</table>

* At the level of significance (0.05) and the degree of freedom (18).

Table 7: The arithmetic mean, the standard deviation and the (t) values for the pre-test of the control and experimental groups in the skill of scoring from basketball jumping

<table>
<thead>
<tr>
<th>Test</th>
<th>Control(pre)</th>
<th>Experimental(pre)</th>
<th>(t) calculate*</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scoring of jump</td>
<td>Mean 4.50</td>
<td>STD.EV. 0.52</td>
<td>Mean 4.40</td>
<td>STD.EV. 0.51</td>
</tr>
</tbody>
</table>

* At the level of significance (0.05) and the degree of freedom (18).
The results of the test were shown in the tables (1, 2, 3 and 7), the results of the tribal test showed that the test of the oxygen tolerance of the scoring skill and the accuracy of the scoring of the basketball jump and the control and experimental groups showed that the sample is equal in terms of performance and the skill of accuracy scoring, which means that the two groups will start the application of the curriculum from the starting point one. The results in Table (4) (8) in the stress tests and the accuracy of the scoring of the control group showed no statistically significant differences in the tests between the pre and posttest of the same group. The researcher explained that this is due to the low performance level of the control group which led to a decrease in the level of concentration and thus loss of accuracy in the scoring. Table (5) and (9) showed the results of the test that there are significant differences and significant statistical significance in the pre - and post - experimental tests of the experimental group. The researcher attributed this superiority to the effect of the special exercises used in the research in the development and performance of the performance of the experimental group. And positive on the accuracy of scoring, especially in the recent attempts at the test used as the players were able to perform the latest attempts to focus higher and better accuracy for the high endurance of the sample and found that the ability to withstand performance is very effective for the accuracy of jumping Basketball.

The results showed in Table (6) (10) that there are differences of statistical significance in the test performance and accuracy of scoring and for the benefit of the experimental group and attributed the researcher also because of the special exercises that led to this excellence, especially in the test accuracy of scoring and follow the traditional method by the control group and Its results showed no significant development. Endurance is one of the most important physical preparation abilities for most sports. It is either a necessary and essential power, a requirement for achievement for some sports, or as a complementary and secondary ability of others to play a common preparatory role in the requirements of that game or performance.[5] For sporting games and events that take long periods of time, or where the loads and motor duties are repeated at a certain time and relatively long, the endurance ability is at least the physical ability to achieve athletic achievement.[6] Sports games and events that are repeated for long periods of time and must raise the level of attention and mental focus and high mobility, which requires moving internal motivation continuously, as in the sport of shooting all kinds, and in games and games, and combat, the endurance capacity in the role of support and help to continue efficiently In these competitions.[7]

Good endurance also provides rapid healing after heavy loading, called the term "Belastungsverträglichkeit. For example, this ability plays an important role in the rest periods between the loads of training loads or during rest periods during the cycles and daily sports repetitions[8].
The ability to resist long-term physical and psychological overloads, which are of great intensity and time, can be defined as the limits of great and obvious fatigue, which cannot be overcome, similar to, or lead to, the penalty of performance, and for rapid renewal of mental and physical loading.[9]

References


