DRIBBLING SKILL OF JUNIOR BASKETBALLERS

Prof. Dr Abd Al Jabbar Saeed Muhsin

University of Al- Qadisiya, Collage of physical Education, Iraq

INTRODUCTION

Basketball is a game resting on precision and speed , thus , the speed in which movements and ball management are performed have a decisive bearing on the abilities in basketball. Thus, it is important to recognize the mutual effect of these two elements, which In fact leads to something new, "speed of precision". The accuracy of motion is closely related to all physical measurements, on the one aide, and with the motoric effort technique, on the other side Motoric precision is closely related with motoric abilities. Sharman /1968/ defined motoric precision as "firstly - the ability to master motoric coordination, secondly - ability for rapid acquisition of motoric sport abilities, and, thirdly - good and proper application of the abilities with introducing of fast and useful changes according to the current situation". Some consider motoric precision as "the ability to I well coordinate movements made by the sportsman, both with--a-11--parts ft1ie body, as well as with defined parts of the body, e.g. dribbling and double action (dribbling jump, throw) In basketball / Lehniann 1981/. Notoric precision is a significant starting point for science and for developing motoric ? abilities (sport technique). The correctness of professional sport and cultivation of a given discipline its proper being physical abilities, as well as physical measurement which given an insight in to the level of development. These latter are called an-. tropometric. Development of speed is one of the dominating contents of framing those traits which should be performed in the 1shortest possible tlme , such as passing, dribbling and throwing (shoot) in basketball. Speed my be defined as (the ability to perform a defined movement or several movement in the shortest possible time). There of different kind of speed, including motoric speed, moving speed and reaction speed /Cousy 1973/. The aim of this paper is present such a test and the example of its application for the youth of Iraq and Egypt who begin their basket-ball training.

OBJECTIVE

This work has been devoted to develop a method for controlling the motoric together with sport technique capabilities of young basketball players. There features include the speed with ball.

METHOD

1. Test group: - The model group has been selected from among Iraqi and Egyptian basket ballplayer aged 16-18. A total--j number of (90) player were tested, (15) persons in each age group. The players hah underwent training for a period from (1) to (3) years, depending on year of birth group from Polish is control.
2. Test components: - In discussing the notion of speed efficiency, several types of tests for basketball could be distinguished, i.e.

   1- 20m dash 20D

   2 - 20 ci dash with dribbling 20^{1}1).DR

   3 - 20 m dash with slalom and dribbling 205.5 • DR

RESULTS

Anthropometry of the examined sportsmen has been made on the basis of the compiled anthropometric materials. Basket-ball players from Iraq represent little while basket--ball players these from Egypt represent much in anthropometry Table 1).

In figure 1, 2 and *3* shows results of all speed trials performed without and with ball. The dash 20 m (20 D) is mean better than the dash 20 ci with dribbling (20.D.Dr) for groups consisting of 16 year old by 35-40% for groups

consisting of 27 year

old by 20-25%.

Differences in dash 20 m and dash 20 m with dribbling between basketball players of Egypt and Iraq have been calculated. There are statistically significant at the level of 0.05. Iraq basket-hall players are speeder in all age categories (Table 2).

In fingers *4,* 5 and 6 there are data about index of speed of dribbling in about comparisons youth of Iraq are more skilled. The beginners 16-18 year lost 20-35[5].

Better results in basket-ball efficiency of youth of Iraq may be due to more effective training, better motor coordinating or to their morphological predispositions. In table 3 shows results correlation with and height body and speed to basketball players from Iraq and Egypt in age 16 year have not correlation of all players, in age 17 year, have been correlation between only in body height and 20 m dash and dash 20 in with dribbling and slalom to basket--ball players from Egypt. In age 18 year basket-ball players from Egypt have cor-

relation between body weight and dash 20 m, dash 20 m with dribbling and dash 20 ci with dribbling and slalom. In table 4 shows results correlation lower and upper limb and speed. Only basket-ball players from Egypt in age 17 year have correlation coefficient between lower limb and dash 20 m and dash 20 a with dribbling and slalom, and in age 18 year to basket-ball players from Iraw have correlation coefficient between lower limb and 20 m dash with

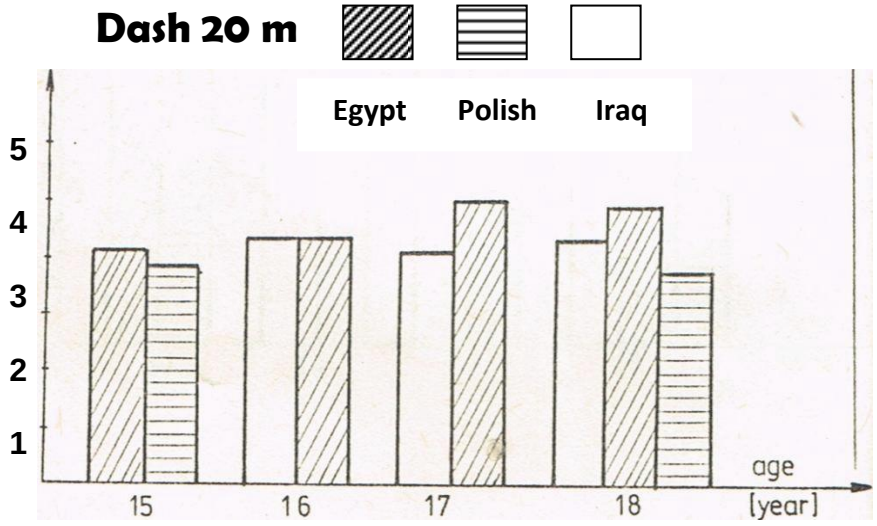


Fig. 1. Results of dash

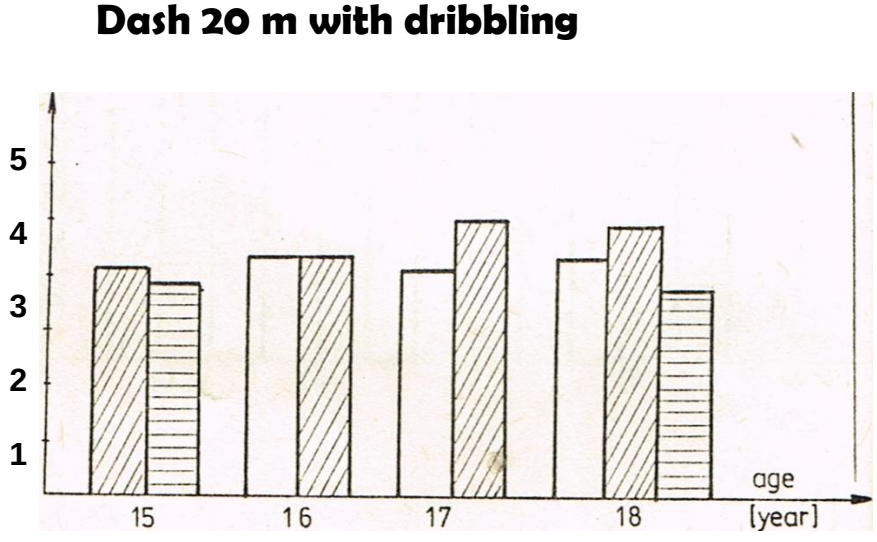


Fig. 2. Results of dash 20 m with dribbling

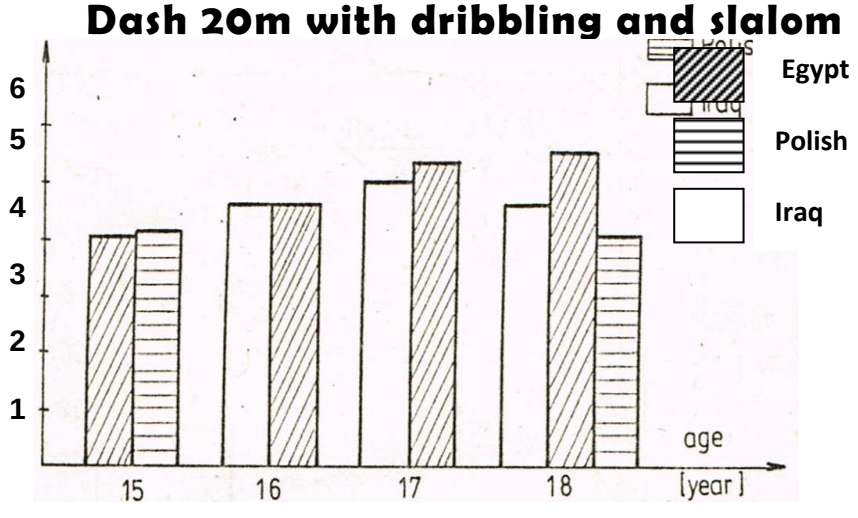


Fig. 3. Results of dash 20 m with dribbling

Table 1

Anthropometric characteristics of Iraq and Egypt youth

Age Ye–Ar	state	body height (cm)		body weight (kg)		Lower limb Length (cm)		Upper limb Length (cm)	
		X	SX±	X	SX±	X	SX±	X	SX±
16	Iraq	171.66	9.25	64.32	6.05	90.88	5.02	77.23	5.81
	Egypt	176.42	8.61	62.63	2.2	93.96	7.14	79.16	4.59
17	Iraq	172.99	6.42	66.33	3.68	89.48	4.99	77.40	4.40
	Egypt	181.67	4.92	61.13	3.55	93.42	6.42	79.92	6.09
18	Iraq	183.27	10.85	77.76	4.46	94.26	7.96	83.26	6.79
	Egypt	187.18	9.12	68.06	4.84	96.73	5.58	85.11	5.20

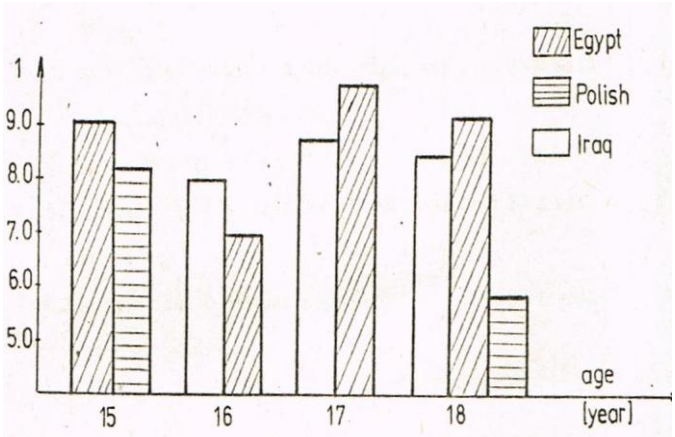
Table 2

Means and standard deviation of basketball speeding skills (in s)

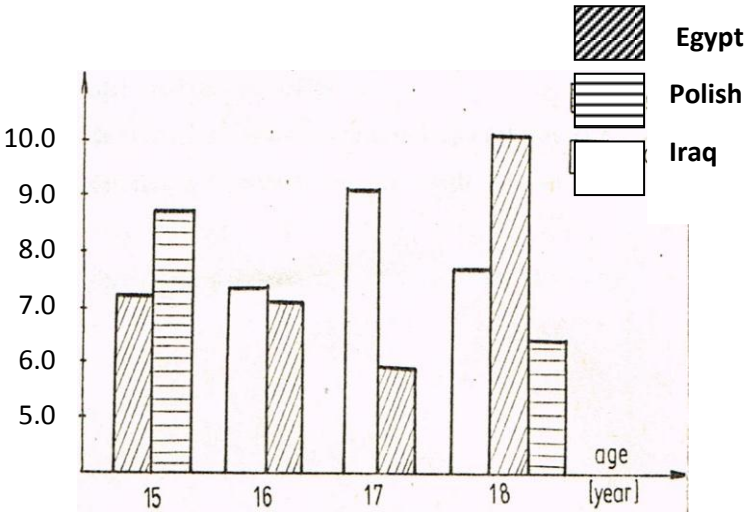
		X	±SX	t	X	±SX	t	X	±SX	t
16	Iraq	3.98	0.50	0.26	4.28	0.28	0.37	4.64	0.22	0.20
	Egypt	0.402	0.28		4.32	0.30		4.66	0.33	
17	Iraq	4.13	0.28	3.31	4.53	0.34	3.99	4.99	0.72	1.38
	Egypt	4.52	0.37		5.006	0.3		5.32	0.54	
18	Iraq	3.92	0.14	14.96	4.28	0.14	4.11	4.64	0.20	6.43
	Egypt	4.48	0.14		4.94	0.60		5.50	0.47	

t> 2.14 statistically significant at 0.05 level

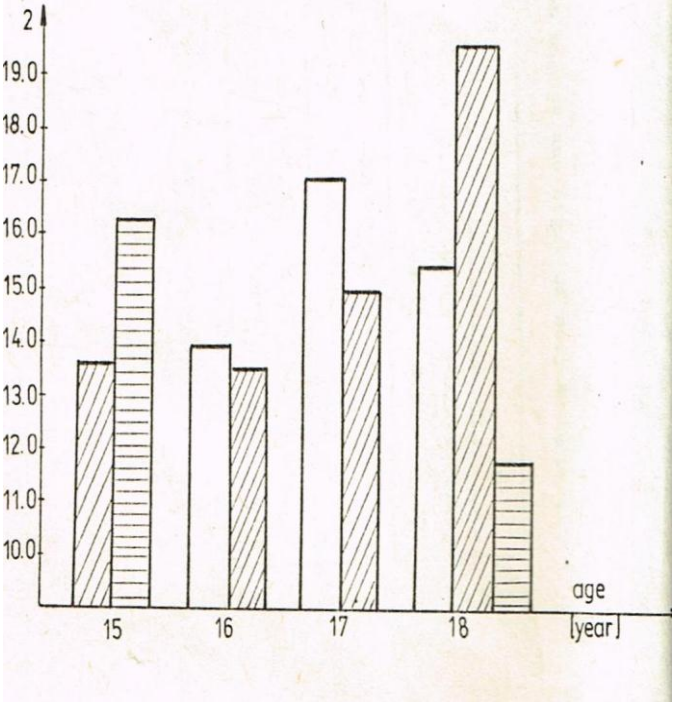
First index = $\frac{20.DR-20D}{20D.DR}.100$



third index = $\frac{20.D.S.DR-20D.DR}{20D.S.DR}.100$



second index = $\frac{20D\cdot S\cdot DR - 20D}{20D\cdot S\cdot DR}\cdot 100$



1. Correlation of between lower limb length and dash 20 m .

2. Correlation of between lower limb length and dash 20 m with dribbling.

3. Correlation of between lower limb length and 20 m with dribbling and slalom .

4. Correlation of between upper limb length and dash 20 m .

5. Correlation of between upper limb length and dash 20 m with dribbling

6. Correlation of between upper limb length and dash 20 m with dribbling and slalom .

Table 4

Correlations of between lower and upper limb length and speed

Age	state	1	2	3	4	5	6
16	Iraq	0.203	-0.004	0.234	0.176	-0.007	0.287
year	Egypt	0.254	0.163	-0.090	0.234	0.213	-0.103
17	Iraq	0.195	-0.155	0.003	-0.039	0.248	-0.186
year	Egypt	0.504	0.228	0.506	0.455	0.281	0.323
18	Iraq	0.469	0.587	0.033	0.394	0.493	0.005
year	Egypt	0.271	0.383	0.164	0.415	0.437	0.263

r> 0.497 Correlation coefficient at level 0.05

1. Correlation of between body weight and dash 20 m .

2. Correlation of between body weight and dash 20 m with dribbling .

3. Correlation of between body weight and dash 20 m with dribbling and slalom .

4. Correlation of between body height and dash 20 m .

5. Correlation of between body height and dash 20 m with dribbling .

6. Correlation of between body height and dash 20 m with dribbling and slalom .

Table 3

Correlations of between weight and night of body and speed

Age	state	1	2	3	4	5	6
16	Iraq	0.039	-0.002	0.249	0.109	-0.079	0.213
year	Egypt	-0.400	-0.188	-0.341	0.263	0.220	0.075
17	Iraq	0.282	0.133	-0.273	0.051	-0.145	-0.133
year	Egypt	0.166	0.103	0.168	0.626	0.318	0.568
18	Iraq	-0.164	-0.265	-0.066	0.461	0.495	0.071
year	Egypt	0.559	0.789	0.621	0.257	0.442	0.258

r> 0.497 Correlation coefficient at level 0.05

CONCLUSION

'The test which has been applied allows easy and quick measurement of the speeding ability as the basis motor feature of basket -ball player as welias the level of master ing the basic element of technique which is skill to combine speeding ability with ball. The youth of Iraq show higher efficiency in speeding ability and technique then the youth from Egypt, though the progress of both features is similar for the two populat ions•

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