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RESEARCH ARTICLE

THE CHANGES THAT ARE INTRODUCED IN SOME BASIC MOTOR AND SITUATIONAL SKILLS OF YOUNG BASKETBALL PLAYERS

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ABSTRACT

In this study-experiment are treated 14-15 years old young basketball players (active and not active), who besides learning process exercise basketball in different basketball schools in the city of Prishtina. The experiment includes 10 variables, 5 from those variables are from the basic motor performance and 5 other variables are from situational skills. In this study, is applied method of T-test between basic motor and situational variables. The study includes 66 entities of males (33 are active while 33 are not active), who are subjected to certain tests from the trainer.

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INTRODUCTION

Basketball is known as a game with lot of dynamism and frequent curves on results, in most cases are created (shown)attractions that attracts the viewers, therefore as an attractive sport itself contains a number of interesting situations. The game requires high preparation of physical and technical-tactical, especially comes in consideration the quick reactions of movements somewhere in the field, knowing the limited time on the attack phase. Basketball players required rapid and good coordinated movement in different directions. Based on the quick game, we distinguish some features of this beautiful game and in particular the basic elements of the game, dribble, passes in right time (the moment), the accurate and accuracy assists of the shot in the basket from different positions.

The purpose and objectives of the study-experimentation

The purpose of this study- experimentation, is to conclude the presentation of changes in some features and basic and

situational motor skills at basketball players (active and inactive) aged 14-15 years. The purpose of this study will be defined:

- Certification of variables on some basic and situational motor skills at young basketball players.
- The primary objective is: the variables to be treated with T-test method, looking at the changes introduced by some basic and situational motor skills of young basketball players.

Study methods

Model (samples) of entities

The experimentation includes 66 entities (33 active and 33 not active), aged 14-15 years, males, that means beside regular learning process in physical education, they exercise basketball in different basketball schools in the city of Prishtina. The tests are conducted in March and April'16.in the sports halls in the city of Prishtina. Tests of basic motor skills are conducted in the morning hours, while variables of situational skills tests were conducted during the training sessions in basketball. The

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treated that were selected are the young basketball players who done certain tests given by the instructor (coach).

The basic hypothesis

- In this study-experimentation is the single hypothesis:
- In which expect to verify significant differences between active and inactive basketball in the space of basic motor and situational variables.

The sample of variables

Basic motor variables

SLJ - Standing long jump
JAR - Jump and reach
SR25m - Sprint running 25m
AM - Abdominal muscle or repetitive force
FA – Flexion of the arms

Specific motor variables

DWTB25m - Dribble with the ball, one way and return back.
TBBD - Throwing the basketball ball in a distance.
HD4m - Half-distance shot from 3 meters with the help of the table, with right and left hand.
FSRL - Free shot with the right and the left hand.
SJD - Shot with a jump in a distance from the three different positions.

Methods of processing the results:

Results were processed with SPSS program, version 20.0 for Windows. The data were treated with T-test method, in the space of basic motor and situational.

Results and their interpretation

T-test method

Presentation of difference between basic and situational motor tests to active and inactive at basketball players

	Mean ₁	Mean ₂	Std. Dev.	Std.Error Mean	T-value	Sig.(2tailed)
SLJ	184.46	166.55	28.66	3.83	4.89	.000
JAR	33.67	30.69	11.32	1.44	2.13	.012
SR 25m	4.71	5.17	.58	.21	.19	.763
AM	19.46	16.39	4.78	.49	1.67	.017
FA	16.68	17.88	8.57	1.47	-.45	.469
DWTB 25m	9.89	11.34	1.22	.43	-3.57	.000
TBBD	12.66	10.78	2.45	.26	2.43	.001
HD3mR	1.44	.64	0.76	.31	4.81	.000
HD3m L	1.40	.52	0.63	.24	4.64	.000
FSRLR	2.65	1.47	1.01	.13	7.88	.000
FSRLL	2.41	.67	1.09	.14	6.47	.000
SJD	2.47	1.33	1.11	.12	10.31	.000
SJD	2.91	2.41	1.43	.15	4.82	.000
SJD	2.61	2.24	1.36	.17	1.33	.081

In this table we can see that the results of measurements of active and inactive basketball players, represent a significant change in fourteen statistical variables. In all basic motor and situational variables have significant contribution between test measurements. The distribution of outcomes between active and inactive basketball players, are achieved significant

changes in the level of .05 and .01 probability based on T-test method. If we look at the validity of each variable separately, will give more detail below.

According to the survey of the table, we see that the variable standing long jump to active basketball team, have higher values of 184.46cm, whereas inactive basketball players, the result is 166.55cm, the levels of probability-availability .000. The other test jump and reach, is again high at active basketball players with values from 36.44cm, whereas at inactive basketball players the results is 32.81 cm and in the level of probability for the groups that are measured is .012. For the parameters of repetitive force the abdominal force with the values from 19.46 higher for the active basketball players, while for inactive basketball players is 16.39 or represented in sig. value of .017. Variables space of accuracy-precision, are natural in all variables that have systemic changes. As is the case with variables dribble with the ball, one way and return back, for active basketball players has the value of 9.89 seconds, but for inactive basketball players is 11.34 seconds, or at the level of validity of .000, to have the same level of other variables, such as; half-distance shot from 3 meters with the help of the table, with right and left hand, free shot with the right and the left hand and shot with a jump in a distance from the three different positions. The test throwing the basketball ball in a distance is difficult to be realized by the inactive basketball players, but active basketball players, have managed to get the best value of 12.66 meters, 10.78 meters, respectively for inactive basketball players .001 level. However, also the accuracy variable; shot the ball in the basket from the third position is with the value 2.61 for active basketball players, for inactive basketball players respectively is 2.24, or express the probability level of .081. While from the second position the value is from 2.91 for active basketball players and for inactive basketball players is 2.41. Therefore, from this table we can see the systematically changes are introduced between active and inactive basketball players, in the space of basic motor and situational variables.

Analysis and confirmation of hypothesis

In this study-experimentation entirely is conducted the presented hypothesis: Single hypothesis fully is verified because the basic motor and situational variables are introduced important changes in favor of the group with active

basketball players. Inactive young basketball players, although they attending physical education classes, they do not follow any particular program in basketball schools, so their skills are lower, but not ignoring the skills they have gained during physical education classes and with this we conclude that the hypothesis is fully certified.

Conclusions summary

In this study were treated samples of 66 entities age 14-15 years, that were divided into two groups, with 33 of them represent active group of basketball players, while 33 other inactive group. In this case the motor space is treated with T-test method, were treated 10 of the basic and situational variables. In basic motor and situational variables is logical to be the best active basketball players compared with inactive. This can be explained by the fact that active young people, besides regular learning process of physical education and sports they follow training sessions in basketball. Significant changes in the growth of basic skills and situational are registered at active basketball players in almost all motor variables except variables sprint 25 m, and the flexion of the arms, while other tests have shown changes that are: standing long jump, jump and reach, abdominal muscle or repetitive force and flexion of the arms, however, situational variables are reasonable in all the variables that have significant important systemic changes as follows: dribble with the ball, one way and return back, throwing the basketball ball in a distance as well as those of situational precision-accuracy, half-distance shot from 3 meters with the help of the table (with the right and left hand) and the shot in a distance from the three different positions. In this experiment, based on the analysis of changes respectively with T-test method, we noted

the significant changes only in the group of motor situational variables in those parameters that are typical for the game of basketball.

Through this experiment are observed changes in motor space, movements in situational tests which are in favor of the group with active basketball players, whereby their work in the game of basketball has helped basketball players to separated from the group of inactive basketball players and to be transformed in terms of the particular motor validity in particular have achieved in the variables that are typical for the game of basketball.

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