



EFFECTS OF BASKETBALL SPECIFIC TRAINING ON SELECTED SKILL PERFORMANCE VARIABLES OF MALE BASKETBALL PLAYERS

KEYWORDS

Basketball, Specific Training, Dribbling

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ABSTRACT

Aim of this study was to find out the effects of basketball specific training on selected skill performance variables of male basketball players. The study was conducted on thirty (N=30) men Basketball Players who have participated Anna University Zone-16 Inter collegiate men Basketball tournament held at Vellammal College of Engineering, Madurai, Tamilnadu, India during the year 2014-2015. Subjects were randomly assigned equally into two groups, Group –I underwent Basketball Specific Training Group (n = 15) and Group II (n=15) acted as control. Among various Basketball skills only Dribbling was selected for this study. Dribbling was assessed by Johnson Basketball test. The data collected data from the two groups prior to and immediately after the training programme on the selected criterion variables were statistically analyzed with dependent 't' test and Analysis of Covariance (ANCOVA). Only two groups were analyzed, so post hoc test was not applied. In all the cases 0.05 level of confidence was fixed as a level of confidence. Basketball Dribbling showed significant difference between the groups.

INTRODUCTION

Basket ball is game, basically aerobic and anaerobic in nature. Basket ball stands as the third fastest game played in short court surfaces and played with continuous flow of activity. The game basket ball needs all the physical qualities to excel in competition. Competitive basketball is considered more anaerobic than aerobic and the success in basketball appears to be dependent more on the player's anaerobic power and endurance rather than on aerobic power. Although only 15% of the playing time in a basketball game has been described as high intensity, these actions are likely to determine the outcome of a contest.

Training is the total process of preparation of a sportsman, through different means and forms for better performance. Training aims at improving the fitness of persons. It is a programme of exercise designed to improve the skill and increase the energy capacities of an athlete for a particular event (*Edward and Mathew 1981*).

In developing the physical, motor and performance-related components in football, generally players are treated with varied forms of training such as stretching exercises, resistance training, plyometric training, interval training, harness running that is speed-based training and combination of different training module.

Sports Specific Training can help to improve strength, flexibility and stamina whereby the players can improve his performance in specific sports. Sports specific training is in need to all about developing physical conditions to improve performance and skills at a particular sport, also, understanding the needs of the game, training/practicing at the correct pace in order to meet sports requirements. "Sport-specific" is the new marketing buzzword when it comes to strength and conditioning programs for youth. Training that is specific to the demands of a particular sport does have merit at the higher levels, assuming the athlete is developmentally sound. A good athlete is a combination of raw athleticism (big, strong, fast, and adaptable) and sport-specific skill (skill involved with a specific sport like hitting, kicking, or dribbling) (*Foster et al., 1995*).

METHODOLOGY

The study was conducted on thirty (N=30) college women who were studying various Engineering Colleges affiliated to Anna University Zone-16, Tamilnadu and who have participated in the Anna University Inter collegiate Basketball Zone-16 tournaments which was held at Vellammal College of Engineering, Madurai, Tamilnadu during the year 2014-2015 were selected as subjects. Subjects were

randomly assigned equally into two groups, Group –I underwent Basketball Specific training Group (n = 15) and Group II (n=15) acted as Control Group. Among the various basketball skills only Dribbling was selected as dependent variables and it was assessed through Johnson Basketball Skill test. The training period was limited to 12 weeks. The Dependent variable was such as Dribbling was tested prior to and immediately after the training programme.

Results and Discussion

The data collected data from the two groups prior to and immediately after the training programme on the selected criterion variables were statistically analyzed with dependent 't' test and Analysis of Covariance (ANCOVA). Only two groups were analyzed, so post hoc test was not applied. In all the cases 0.05 level of confidence was fixed as a level of confidence.

TABLE – 1
SUMMARY OF MEAN, STANDARD DEVIATION AND DEPENDENT 't' TEST FOR THE PRE AND POST TESTS ON DRIBBLING OF BASKETBALL SPECIFIC TRAINING GROUP AND CONTROL GROUP

(Dribbling Scores are expressed in Seconds)

Test	Descriptive Statistics	Basketball Specific Training Group	Control Group
Pre Test	Mean	8.80	8.67
	SD (±)	1.05	0.87
Post Test	Mean	6.53	8.73
	SD (±)	0.81	0.85
"t" Test		6.65*	0.21

*Significant at 0.05 level.

The table value required for 0.05 level of significance with df 14 is 2.15. Table-1 shows that the pre-test mean and standard deviation of Dribbling of Basketball Specific Training group and Control group are 8.80±1.05 and 8.67±0.67 respectively. The post-test mean and standard deviation are 6.53±0.81 and 8.73±0.85 respectively. The obtained dependent t-ratio values between the pre and post test means on Dribbling of Basketball Specific Training group and Control group are 6.65 and 0.21 respectively. The table value required for significant difference with df 14 at 0.05 level is 2.15. It was concluded that Basketball Specific Training group had registered significant improvement in Dribbling.

The analysis of covariance on Dribbling of the pre, post, and adjusted test scores of Basketball Specific Training group and Control group

have been analyzed and presented in Table –2.

TABLE –2
COMPUTATION OF ANALYSIS OF COVARIANCE OF PRE TEST,
POST TEST AND ADJUSTED POST TEST ON DRIBBLING OF
EXPERIMENTAL GROUPS AND CONTROL GROUP

Test	Basketball Specific Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	F-ratio
Adjusted Post-Test Mean	6.51	8.75	Between sets	37.44	1	37.44	55.54*
			Within Sets	18.20	27	0.67	

*Significant at 0.05 level of confidence
 Table value for df(1 & 27) at 0.05 level= 2.90
 (Dribbling scores is in Seconds)

Table-1 shows that the adjusted post-test means on Dribbling of Basketball Specific Training group and Control group are 6.51 and 8.75 respectively. The obtained 'F' ratio of 55.54 for adjusted post-test scores was higher than the table value of 2.90 for degrees of freedom 2 and 27 required for significance at 0.05 level of confidence on Dribbling.

The results of the study indicated that there is a significant difference between the adjusted post-test means of Basketball Specific Training group and Control group on Dribbling.

The adjusted post mean values of Basketball Specific Training group and Control group on Dribbling are graphically represented in the Figure -1.

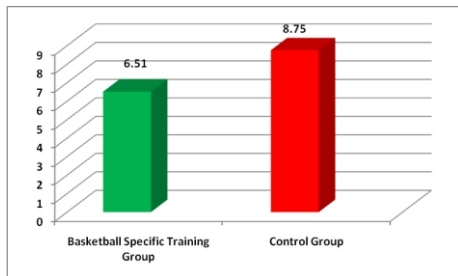


Figure: 1 The Adjusted Post Mean values of Basketball Specific Training group, and Control group on Dribbling (In Seconds)

Conclusion

From the analysis of the data the Basketball Specific Training Group showed significantly Increase on Dribbling, when compared to the control group.

References

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