



IMPACT OF SPECIFIC SKILL TRAINING ON DRIBBLING AMONG BASKETBALL PLAYERS

Physical Education

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ABSTRACT

The purpose of this study was to explore the impact of guard position specific skill training on dribbling among basketball players. To achieve this purpose to the study twenty school level boys basketball players from national sports academy, Coimbatore, Tamilnadu, India were randomly selected as subjects. Their age ranged in between 13 and 16 years. The subjects were divided into two groups namely guard position group and control group. The guard position group was subjected to guard position specific skill training (for weekly three days monday, wednesday, friday) at evening session for six weeks. Dribbling was selected as dependent variable. After the collection of appropriate data, it was statistically analyzed by using paired 't' test. The level of significance was set at 0.05. The result of the present study showed that the guard position specific skill training has significant improvement on dribbling ability of basketball players.

KEYWORDS

Specific Skill Training, Performance Variable, Basketball Players.

INTRODUCTION

Basketball is one of the fastest games in which high level conditioning and coordinative abilities with technical and tactical potentials are essential to perform every skill at desired or required level (James Naismith, 1897). In basketball is a same agile. Guard Position specific skill training is a program includes performance and fitness training designed specifically for skill performance enhancement. Training programs for game performance enhancement could include dribbling and other than to developing in strength, speed, power, endurance, flexibility, mobility, agility, mental preparedness (including goal setting), sleep, recovery/regeneration techniques and strategies, nutrition, rehabilitation, and injury risk reduction. A general program should include all of these components and a more specific program may only include a few, depending upon the athlete's specific needs (based on strengths, weaknesses and/or imbalances) and the demands of the sport they participate in. Sports performance training is exercising with the specific goal of improving your effectiveness as an athlete in particular sport. A traditional type of fitness training might include some cardio work, strength training and some stretching for flexibility. Guard position specific skill training might get someone in general shape and have them improve as an athlete somewhat. In sport, the team training refers the set of specific drills used to develop both performance and physical or motor fitness aspects of a player. When the training for players at higher level or above the basic level, they have to trained with specific objectives in sport, the training program should designed specifically based on the components that are needed for the particular skill or technique in sport. Thus such type of guard position specific skill training program is a need for the player to excellent in sport. Thus the present study has been carried out to study the impact of guard position specific skill training on dribbling among basketball players.

METHODOLOGY

The purpose of this study was to explore the impact of guard position specific skill training on dribbling among basketball players. To achieve this purpose the study twenty school level boys basketball players from national sports academy, Coimbatore, Tamilnadu, India were randomly selected as subjects. Their age ranged in between 13 and 16 years. The subjects were divided into two groups namely guard position group and control group. The guard position group was subjected to guard position specific skill training (for weekly three days monday, wednesday, friday) at evening session for six weeks. Dribbling was selected as dependent variable. After the collection of appropriate data, it was statistically analyzed by using paired 't' test. The level of significance was set at 0.05.

TRAINING PROTOCOL

For guard position group underwent their training programme as three days per week for six weeks. Training was given in the evening session. The training session includes warming up and cool down.

Every day the workout lasted for 45 to 60 minutes approximately. The subjects underwent their training programmes as per the schedules such as crossover dribble, semicircle dribble, scissors and dribble figure 8 under the strict supervision of the investigator. During experimental period control group did not participate in any of the special training.

RESULTS

TABLE-I COMPARISON OF MEAN, SD AND 't'-VALUES OF THE DRIBBLING BETWEEN PRE & POST TEST OF THE GUARD POSITION AND CONTROL GROUPS OF BASKETBALL PLAYERS

Performance Variable	Groups	Test	Mean	S.D	't' Values
Dribbling	Guard Position Group	Pre Test	29.10	4.62	15.23*
		Post Test	32.90	4.72	
	Control Group	Pre Test	28.60	8.03	0.55
		Post Test	28.40	8.60	

*Significant at 0.05 level of confidence

Table-I reveals that the mean values of per test and post test of control group for dribbling were 28.60 and 28.40 respectively; the obtained t ratio was 0.55 respectively. The tabulated t value is 1.83 at 0.05 level of confidence for the degree of freedom 9. The calculated t ratio was lesser than the table value. It is found to be insignificant change in dribbling of the basketball players. The obtained mean and standard deviation values of pre test and post test scores of guard position training group were 29.10 and 32.90 respectively; the obtained t ratio was 15.23. The required table value is 1.83 at 0.05 level of confidence for the degree of freedom 9. The obtained t ratio was greater than the table value. It is found to be significant changes in dribbling of the basketball players. The mean values on guard position group and control group are graphically represented in figure-1

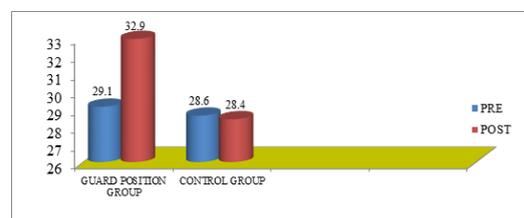


FIGURE-1: BAR DIAGRAM SHOWING THE PRE TEST & POST TEST ON DRIBBLING OF GUARD POSITION AND CONTROL GROUPS

DISCUSSION ON FINDING

The guard position specific skill training is a fantastic training which has been found to be beneficial of the basketball players. To study the guard position specific skill training on dribbling of basketball players at school level, it was tested under to difference between guard position group and control group. The guard position specific skill training includes on dribbling. The guard position specific dribbling drills are namely crossover dribble, semicircle dribble, scissors and dribble figure 8. It also improves the dribbling ability, game tactics, anaerobic capacity, quickness and eye hand coordination and other than some physical fitness components are namely speed, agility, and power. The obtained result proved positively the guard position group significantly improved. The result of the present study showed that the guard position specific skill training has significant improvement on dribbling ability of basketball players. The results of the study are in line with the studies of **Parimalam, Puspharajan, (2013)**. The result of the study showed that the control group was not significantly improved guard position specific skill training on dribbling of basketball players at school level.

CONCLUSION

Based on the findings and within the limitation of the study it is noticed that practice of guard position specific skill training helped to improve dribbling ability of basketball players at school level. It was also seen that there is progressive improvement in the selected criterion variables of guard position group of basketball players after six weeks of guard position specific skill training programme. Further, it also helps to improve dribbling skill.

1. It was concluded that individualized impact of guard position training group showed a statistically significant positive sign over the course of the treatment period on dribbling of school level basketball players.
2. It was concluded that individualized impact of control group showed a statistically insignificant positive sign over the course of the period on dribbling of school level basketball players.
3. The results of comparative effects lead to conclude that guard position group had better significant improvement on dribbling of school level basketball players as compared to their performance with control group.

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