Dribbling Skill of Junior Basketballers

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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. It is important to recognise 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 physical measurements, on the one side, and the motoric effort technique, on the other side. Motoric precision is closelyrelated 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 well coordinate movements made by the sportsman, both with all parts of the body, as well as'with defined parts of the body, e.g. dribbling and double action (dribbling, jump, throw) in basketball Lehmann (1981). Motoric precision is a significant starting point for science and for developing motoric abilities (sport technique). The correctness of professional sport and the cultivation of a given discipline is a proper being to physical abilities, as well as physical measurement which have given an insight to the level of development. These latter measurements are called anthropometric evaluations. Development of speed is one of the dominating contents of training those traits which should be performed in the shortest possible time, such as passing, dribbling and throwing (shoot) in basketball. Speed may be defined as the ability to perform a defined movement or several movements in the shortest possible time. Different types of speed have been identified

these include motoric speed, moving speed and reaction speed, Cousy (1973). The aim of this paper is to present a test and the example of its application for the youth of Iraq and Egypt who begin their basketball training.

OBJECTIVE

This work has been devoted to the development of a method of controlling the motoric ability together with sport technique capabilities of young basketball players.

METHOD

1. Test group: This group has been selected from among Iraqi and Egyptian basketball players aged 16-18 years. A total number of 90 players were tested, 15 persons in each age group. The players experience and training varied from 1 to 3 years, depending upon the subject's date of birth.
2. Test components: In discussing the notion of speed efficiency, several types of tests for basketball could be distinguished, i.e.,
   a. 20m dash (20D)
   b. 20m dash with dribbling (20D.DR)
   c. 20m dash with slalom and dribbling (20D.S.DR)

RESULTS

Anthropometry of the examined sportsmen has been made on the basis of the compiled anthropometric materials. Anthropometric data on the basketball players from Iraq land Egypt is represented in Table 1. Figures 1, 2 and 3 show results of all speed trials performed with and without the ball. The mean time for the 20m dash (20 D) was less than the 20 m dash with dribbling (20D.DR.). The groups consisting of 16 year old players differed by 35-40% and groups consisting of 27 year old players, by 20-25%.

Differences in 20m dash and 20m with dribbling between basketball players of Egypt and Iraq have been calculated. There were statistically significant differences at the level of 0.05, Iraq basketball players were speeder in all age categories (Table 2). In Figures 4, 5 and 6 there were data on the index of speed of dribbling and the comparisons indicated that the youth of Iraq were more skilled. Results in the basketball efficiency may be due to more effective training, better motor coordination or to their morphological predispositions. Table 3 shows results correlating body weight and height and speed of basketball players from Iraq and Egypt in the 16 year old group. The 17 year old group, have been correlated between height, 20m dash and dash 20m with dribbling and slalom with basketball players from Egypt. The 18 year old age group players from Egypt had correlations between body weight 20m dash, 20m dash with dribbling and 20m dash with dribbling and slalom. Table 4 shows correlation of lower and upper limb and speed. Only subjects from Egypt in the 17 year old group have correlation coefficient between lower limb, and 20m dash, 20m dash with dribbling and slalom. In the 18 year old group the basketball players from Iraq have correlation coefficient between lower limb and 20m dash with dribbling.

TABLE 1

Anthropomeric characteristics of Iraq and Egypt youth

Age year	State	Height (cm) x	Height (cm) SD	Weight (kg.) x	Weight (kg.) SD	Lower limb (cm) x	Lower limb (cm) SD	Upper limb (cm) x	Upper limb (cm) SD
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	355	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	558	85.11	5.20

TABLE 2

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

Age	State	20-m dash x	20-m dash SD	t	20-m dash with dribbling x	20-m dash with dribbling SD	t	20-m dash with dribbling and slalom x	20-m dash with dribbling and slalom SD	t
16	Iraq	3.98	0.50		4.28	0.28		4.64	0.22	
				0.26			0.37			0.20
	Egypt	4.02	0.28		4.32	0.30		4.66	0.33	
17	Iraq	4.13	0.28		4.53	0.34		4.99	0.72	
				3.31			3.99			1.38
	Egypt	4.52	0.37		5.01	0.3		5.32	0.54	
18	Iraq	3.92	0.14		4.28	0.14		4.64	0.20	
				14.96			4.11			6.43
	Egypt	4.48	0.14		4.94	0.60		5.50	0.47	

t > 2.14 statistically significant at 0.05 level

TABLE 3

Correlation between weight and height with 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

1. Correlation between body weight and 20m. dash.
2. Correlation between body weight and 20m. dash with dribbling.
3. Correlation between body weight and 20m. dash with dribbling and slalom.
4. Correlation between body height and 20m. dash.
5. Correlation between body height and 20m. dash with dribbling.
6. Correlation between body height and 20m. dash with dribbling and slalom.

TABLE 4

Correlations between lower and upper limb length with 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 between lower limb length and 20m. dash.
2. Correlation between lower limb length and 20m. dash with dribbling.
3. Correlation between lower limb length and 20m. dash with dribbling and slalom.
4. Correlation between upper limb length and 20m. dash.
5. Correlation between upper limb length and 20m. dash with dribbling.
6. Correlation between upper limb length and 20m. dash with dribbling and slalom.

CONCLUSION

The test which has been applied allows easy and quick measurement of the speed ability as the basic motor feature of basketball players as well as the level of mastering the basic element of technique which is skill to combine speed ability with the ball. The youth of Iraq show higher efficiency in speeding ability and technique then the youth from Egypt, though the progress of both features was similar for the two populations.

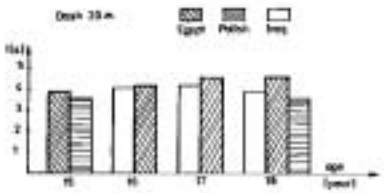

Fig. 1. Results of dash

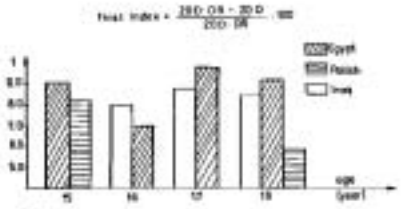

Fig. 4

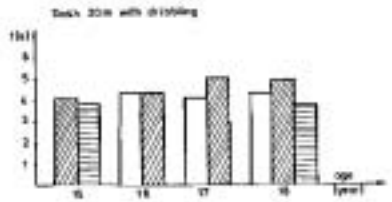

Fig. 2. Results of dash 20 m with dribbling

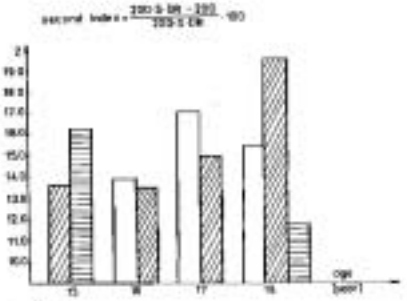

Fig. 5

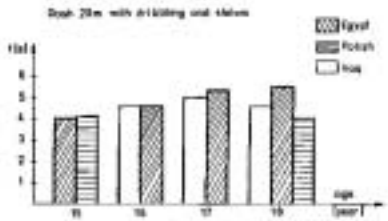

Fig. 3. Results of dash 20 m with dribbling and slalom

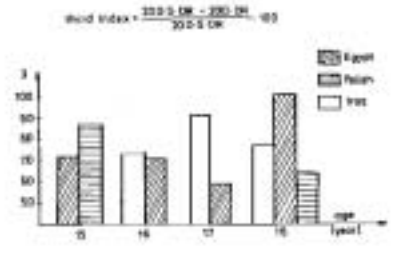

Fig. 6

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