



ENHANCING SKILL PERFORMANCE VARIABLES AMONG SCHOOL LEVEL BASKETBALL PLAYERS THROUGH SPECIFIC DRILLS (A PILOT STUDY)

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ABSTRACT

Basketball is one of the quickest games, and to perform each skill at the desired or necessary level, high level conditioning, coordination, and technical and tactical potential are vital. A programmed called particular skill training comprises performance training created expressly to improve athletic performance. Training programmed for improving game performance may target skills like dribbling, passing, shooting, and other game-specific skills, as well as speed, power, endurance, flexibility, mobility, and agility. The idea of the study was to find out the enhancing skill performance variables among school level basketball players through specific drills. To achieve the purpose of the study, five school level basketball players would be randomly selected from National Sports School, Coimbatore district and their age ranged between 14 and 17 year boys. Single group design was used. All skill performance variables were assessed by standard tests; dribbling by zig zag dribble, passing by throw accuracy and shooting by speed goal shoot test through john basketball test. Specific drills pilot study group (n = 5) would be undergone for a period of four weeks. The results revealed that there was a significant difference found on the criterion variables. The difference was found due to specific drills given to the experimental group on dribbling, shooting and passing of school level basketball players.

KEYWORDS: *Specific drills, Dribbling, Shooting, Passing, School Level Boys and Basketball Players.*

INTRODUCTION

Basketball is one of the quickest games, and to perform each skill at the desired or necessary level, high level conditioning, coordination, and technical and tactical potential are vital. A programmed called particular skill training comprises performance training created expressly to improve athletic performance. Training programmed for improving game performance may target skills like dribbling, passing, shooting, and other game-specific skills, as well as speed, power, endurance, flexibility, mobility, and agility. They may also target mental toughness, including goal-setting, sleep, and recovery/regeneration techniques and strategies. A more specialized programmed might only include a few of these aspects, depending on the needs of the individual athlete (based on strengths, weaknesses, and/or imbalances), as well as the requirements of the sport they play. A general programmed should include all of these elements. Sports performance training is physical activity designed specifically to increase overall efficiency as an athlete in the sport that choose. An individual could become more physically fit overall and make some progress as an athlete with specific training. In sports, team training refers to a series of physical activities designed to improve a player's physical or motor skills. The training programmed should be particularly created based on the components that are needed for the talent or technique in sport

when it comes to players who are at a higher level or above the basic level. Consequently, a player needs this kind of particular skill training for success in sports. Thus, the present study has been carries out to study the enhancing skill performance variables among school level basketball players through specific drills.

METHODOLOGY

The idea of the study was to find out the enhancing skill performance variables among school level basketball players through specific drills. To achieve the purpose of the study, five school level basketball players would be randomly selected from National Sports School, Coimbatore district and their age ranged between 14- and 17-year boys. Single group design was used. All skill performance variables were assessed by standard tests; dribbling by zig zag dribble, passing by throw accuracy and shooting by speed goal shoot test through john basketball test. Specific drills pilot study group (n = 5) would be undergone for a period of four weeks.

CRITERION MEASURES

The subjects of specific drills pilot study would be assessed on the selected variables by the standardized test items before and after the training period of four weeks.



Table -I

S.No	Criterion Variables	Test Items	Unit of Measurements
Performance Variables			
1	Dribbling	Johnson Basketball Test	Points
2	Passing		Points
3	Shooting		Points

TRAINING PROGRAMME

The total duration of specific drills. The load was increased one in two skills training progress and lasted for 60 minutes. During the training period the subject were treated with specific drills for three alternative days (Monday, Wednesday, Friday) per week.

During the four weeks of specific drills, skill training the subjects were treated with warm up for 15minutes. Followed by specific dribbling drills namely ball roll, zigzag dribble and low and high dribble underwent 1 repetition with 3 sets, passing drills namely wall chest pass, double hand pass and bounce pass underwent 25 repetitions with 3 sets and shooting drills namely triangle shot, three directions under the basket and 0-degree

position shot underwent 20 repetitions with 3 sets. Further the session ended with warming down for 10minutes.

STATISTICAL TECHNIQUES

The data are analyzed by paired 't' test was used for assessed the enhancing skill performance variables among school level basketball players through specific drills. The significance level was fixed at 0.05 level of confidence which is considered to be the appropriate one for this study.

RESULTS

Table-II

Relationship of Mean, SD and 't'-Values of the Dribbling, Shooting and Passing between Pre & Post Test of the Specific Drills of Basketball Players

	Variables	Test	Mean	S. D	't' Values
Specific Drills Group	Dribbling	Pre Test	19.60	2.07	6.50*
		Post Test	22.20	2.58	
	Shooting	Pre Test	14.60	2.07	13.88*
		Post Test	18.00	2.34	
	Passing	Pre Test	14.00	3.16	10.61*
		Post Test	16.60	3.36	

*Significant at 0.05 level of confidence

Table-II reveals that the obtained mean values of pre test and post test scores of specific drills group were 19.60 and 22.20, 14.60 and 18.00, 14.00 and 16.60 respectively; the obtained t ratio was 6.50, 13.88 and 10.61. The required table value is 2.77 at 0.05 level of confidence for the degree of

freedom 4. The obtained t ratio was greater than the table value. It is found to be significant changes in dribbling, shooting and passing of the basketball players. The mean values on specific drills group are graphically represented in figure-1.

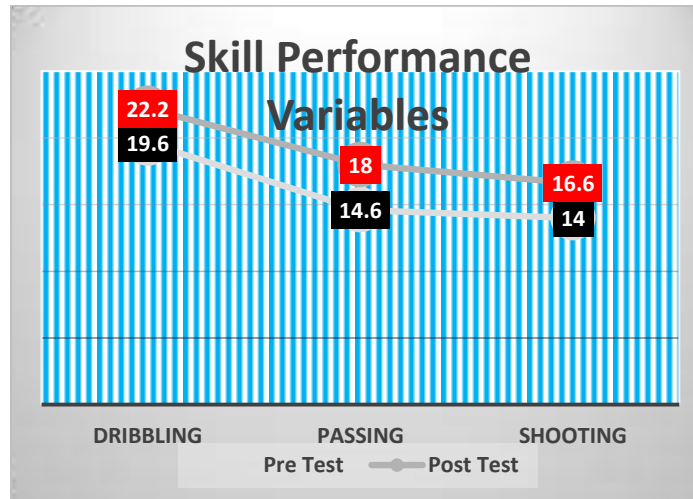


FIGURE-1: LINE DIAGRAM SHOWING THE PRE-TEST & POST-TEST ON DRIBBLING, SHOOTING AND PASSING OF SPECIFIC DRILLS

DISCUSSION ON FINDINGS

The specific drills are a fantastic training which has been found to be beneficial of the school level basketball players. To study the specific drills on dribbling, shooting and passing of basketball players at school level, it was tested under to specific drills group. The specific drills include on dribbling, shooting and passing. 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 specific drills group significantly improved. The result of the present study showed that the specific drills have significant improvement on dribbling, shooting and passing ability of school level basketball players. The results of the study are in line with the studies of **Ascender., et al (2019)¹** and **Marcolin., et al (2018)²**.

CONCLUSIONS

Based on the findings and within the limitation of the study it is noticed that practice of specific drills helped to improve dribbling, shooting and passing ability of school level basketball players. It was also seen that there is progressive enhancement in the selected criterion variables of specific drills group of school level basketball players after four weeks of specific drills programmed. Further, it also helps to improved dribbling, shooting and passing.

It was concluded that individualized effects of specific drills group showed a statistically significant positive sign over the course of the treatment period on dribbling, shooting and passing of school level basketball players.

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