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The effectiveness of special exercises in reducing violations in offensive skillful performance for youth basketball players

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Abstract

Background: The research problem was determined by the unsatisfactory level and results of Al-Hilla Basketball Club youth players in 2018/2019 season.

Objective: Determine the cause of the weakness that was present in the offensive skill performance, it was necessary to determine the rates of violations in skill performance. As the researchers didn't find a scientific research that dealt with the ratios of the effect of violations offensive performance and the goal of the research is to determine the proportions and type of offensive violations skill performance of youth players in basketball, and setting especial exercises according to the quality and rate of offensive violations performance of youth basketball players as well as Identify the effect of special exercises in reducing the rate of violation in the offensive skill performance of youth basketball players.

Methods: Experimental approach in the design the two groups of pre and posttest was used for its suitability to the research type. The researchers chose a community and a sample of study by the complete census, which was represented by all youth players of Al-Hilla Sports Club 2018/2019, their total number were (12) players, and they were divided into two equal groups, control and the experimental group, (6) players for each, tests were conducted from 2/11/2018 to 6/6/2019 at Martyr Hamza Nuri Sport Hall\ Babylon. The researchers used some means and tools, (Arabic and foreign sources and references, Observation, score box, Computer and CDs), that helped in set up the research.

Conclusions: There were a variation and difference in the percentages of the type of offensive violation performance of the players and special exercises have a positive effect in developing and reducing the percentages of offensive violation.

Keywords: Basketball, violations, offensive skill

Introduction

Current era is characterized by the speed of change and development in line with knowledge development and social construction changes, as sport, with its characteristics, has become a national necessity in building the country and giving confidence in its future. Therefore, we must choose ideas that are tested over time and when applied produce a high level achievement. There are tried and tested strategies to improve and enrich the sports reality and acquire everything new from the sport sciences related to athletic performance. Many studies have indicated that basketball is the second popular team sport and spread in most countries of the world. Many researchers consider it one of the sports that excites the enthusiasm and desire of players and viewers. As this game, with its various kinematic variables, headed by the offensive performance, which is one of the important means for winning and adds a great deal of aesthetic technical form and the great position of the team through the coordination of the group's work, Therefore, the researchers adopted "The Effectiveness of Special Exercises in reducing Common Offensive Violations for youth basketball players", hoping that the that the results of the research will help shed light on the true level of offensive performance and how these exercises affect it.

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Research Procedures

Steps for designing a questionnaire for evaluating violation in the offensive skill performance of youth basketball players

The offensive violation variables have been comprehensively defined "because it is logical to use a method whereby the phenomenon in question is dealt with whenever it is divided into parts and the basic elements composing it these parts were examined separately to achieve an understanding of the phenomenon as a whole" (1:63).

First: violation of the offensive skill performance of youth basketball players type was identified by:

- Revision of some of kinesiology references.
- Second: Presenting the questionnaire form to a group of (experts and specialists) for the purpose of:
- Make sure of its suitability to the research problem.
- Clarity of the variables of the questionnaire form.
- Extraction of the scientific principles for the questionnaire form

Selection of offensive skill performance violations variables' and their measurement

In light of the research goal, the researcher conducted a comprehensive and integrated study of all aspects of the offensive skill performance of the youth players of Al-Hilla

club and determining the type of violation, whether it was in (perception, decision-making, or implementation of the response) and according to (the used form which designed for that purpose, and it was approved. In determining the type of violation in the skill performance based on specific criteria agreed by some (experts and specialists in basketball), who have evaluated the violation in the offensive skill performance in the area defense and who have field and academic experience in what the skill performance is that the players must perform. According to the player's current position and the options available to him, after the proximity of the defender, and other situations that necessitate the attacker to take this decision alone, as they evaluated the technical error in pre and posttest of this study and the researchers approved in the evaluation, they used "video photography to do the evaluation process because that will increase." From the objectivity of the assessment "(273: 2), by presenting the matches to the expert by means of a CD-ROM attached with the violation evaluation form in the offensive skill performance. The area is used to allow the evaluator to focus on the movement as well as he can enlarge and repeat the movement several times, and this in turn helps the evaluator to give the athlete appropriate and more accurate evaluation score, as well as the researchers extracted the scientific parameters of the form. table (1) shows the evaluation form.

Table 1: Shows the score box of performance evaluation

Game's halves	Violation type				Notes
	Cognition	Decision making	Implementation Response		
			During performance	Performance result	
The first half					
The second half					

The Exploratory experience

The exploratory study is defined as "a first attempt by which the researcher aims many objectives, one of them is to identify the possibility of set up the research" (3:89)

Therefore, the researchers conducted an exploratory experience on a sample from outside the research sample and the purpose of this step was to identify the problems that the researchers may face while performing the study and selecting the scientific variables of the evaluation form (that prepared by the researchers for the purpose of evaluating the violation)

Pretest

The researchers conducted the pretest for all research sample on (3\12\2018) at Martyr Hamza Nuri Sport Hall\ Babylon. The performances of the players, for three full matches, were photographed.

Main Experience The researchers conducted the main experience on (6\12\2018) at Martyr Hamza Nuri Sport Hall\ Babylon. And according to the research aim they selected

violation's type and rate for all offensive skillful performance then they set up a special exercises to reduce different cognitive and applied violation types. The number of these exercises was (16), which were implemented within the (12) training units, divided over (3) units per week and for a period of (4) weeks. The training unit time was (90) minutes.

Posttest after completing the main experiment and applying the exercises, the researchers conducted the posttest for the research sample at the same place where the pretest was conducted, with the researcher's attempt to establish the same conditions that were in the pretest. The posttest was conducted on (12/29/2018). (3) Matches were photographed for the purpose of presenting them to the assessors.

Results

After completing the data processing, it was recorded in tables to be presented, analyzed and discussed.

Results of experimental group pretest

Table 2: Shows offensive skill performance violation percentage for pretest variables

Static variables	Game's halves	Violation type				Total percentage
		Cognition	Decision making	Implementation Response		
				during performance	Performance result	
Pretest	The first half	19%	22%	13%	15%	69%
Posttest	The second half	10%	8%	6%	7,5%	31,5%

From the above table it becomes clear that the percentages of violation differed according to the variables, so we find that the percentage of cognition violation is (19%), and in decision-making (22%), which is the highest rate. As for the

implementation of the response and its two parts, the rate is (13%). Performance Outcome (15%), and Total Ratios (69%). While we find that these percentages have changed in the post-test in cognition (10%), and in decision-making (8%),

which is the highest rate, as for the implementation of the response and its two parts, in the performance, the percentage came (6%), as for the performance outcome (7.5%), And the

total percentages are (31.5%).

Results of control group pretest

Table 3: Shows offensive skill performance violation percentage's for pretest variables

Static variables	Game's halves	Violation type				Total percentage
		Cognition	Decision making	Implementation Response		
				During performance	Performance result	
Pretest	The first and second half	19.7%	20%	12.5%	16%	68.2%
Posttest	The first and second half	18%	20%	11%	15%	64%

From the above table it becomes clear that the percentages of violation differed according to the variables, so we find that the percentage of cognition violation is (19, 7%), decision-making (20%), which is the highest rate. As for the implementation of the response and its two parts, the rate is (12,5%). Performance Outcome (16%), and Total percentage (68%). While we find that these percentages have changed in

the post-test in cognition (18%), and in decision-making (20%), which is the highest rate, as for the implementation of the response and its two parts, in the performance, the percentage came (11%), as for the performance outcome (15%), And the total percentages are (64%).

Post-test results of the research groups

Table 4: Shows the percentages of offensive skillful performance violation of the research variables in the post test

Static variables	Game's halves	Violation type				Total percentage
		Cognition	Decision making	Implementation Response		
				During performance	Performance result	
Posttest control group)	The first and second half	10%	8%	6%	7.5%	31.5%
Posttest (experimental group)	The first and second half	18%	20%	11%	15%	64%

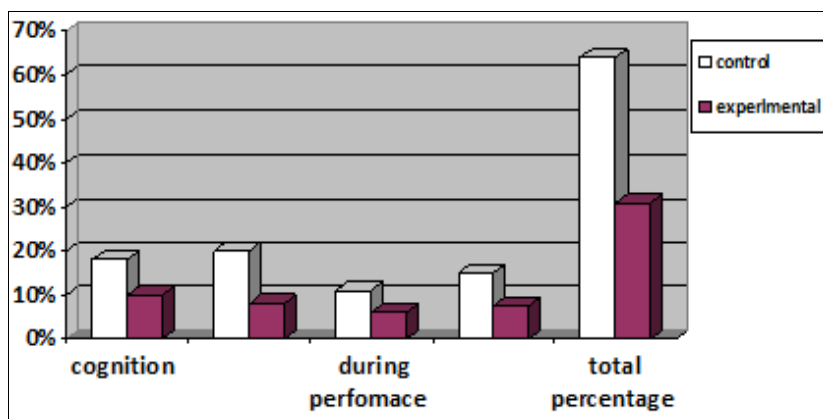


Fig 1: Shows the violation percentages according to its variables in the post test for the experimental and control research groups

Discussion

By the above tables, it becomes clear that the amount of development was clear and in good proportions for the violation types in the pre-test and what the results came to in the post-test among the research sample, and the researcher attributes that change and development to special exercises that aimed to correct the violations of all kinds in the side of the offensive skill performance, so on the side of errors related to cognition improved and the kinematic responses implemented by the players became appropriate to the situation surrounding the player, which indicates the development of their experience side, and the researcher agrees with (Talha Hussein Hussam El-Din and others (4: 69)) To the correct interpretation and understanding of the information coming from the sensory receptors, which led to the identification of stimuli well and the reflection of this on the correct selection of the response, as for the errors associated with decision-making, which were very high in the pre-test while we find that they well improved and noticeably in the post-test. The researchers think that the selection of responses and the choice of movement became compatible and consistent with the requirements of the current situation due to the correctness of the player's previous cognitive

processes and implementation the response is in the correct time and without an increase or decrease in performance, either with regard to the type of error resulting from the implementation of the movement response, which is either in performance or in the outcome of performance, the errors in performance we find have improved well and the researcher attributes this to special exercises that dealt with violations, whether they are in the technique, which is either in one of the fixed features of the motor program stored in the memory or in one of the subprograms involved in the formation of the skill, as for the violation in the performance output, which means not achieving the goal, it is also improved and it is due to special exercises.

Recommendations

Focusing on correcting all kinds of offensive violations from the earlier stages of training so that the player does not become accustomed to it and becomes difficult to correct, the coaches should explain the reasons behind the violation in performance and use special exercises in dealing with similar mistakes and for other groups. As well as the researchers must conduct other similar studies for other samples and skills.

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