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The most important mental abilities and their relationship to some offensive skills in mini-basketball (Mini basket)

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Abstract

The study aimed to identify the relationship between mental abilities and some offensive skills in mini-basketball (semen basket), so the researcher put the following question: Is there a statistically significant correlation between mental abilities and some offensive skills in mini-basketball (semen basket)? After examining the researcher about the theoretical background and previous and similar studies, he formulated the hypothesis of the study as follows: There is a statistically significant correlation between the mental abilities and some offensive skills of mini-basketball players (sperm basketball). In order to reach the results and achieve the objectives of the research: by identifying the most important mental abilities suitable for the research sample, and identifying their relationship to some orthographic skills in mini-basketball (sperm basket), the researcher used the descriptive approach on a sample of (20) players from the Specialized Basketball School in Maysan After carrying out the experiment, and processing the data obtained, the researcher reached the most important conclusions Such as: appeared when players little ones relationship Engagement morale between a variable My ability (focus Attention, sensory perception - kinesthetic) and between Handling Skills _ bra, plump high, and aiming from constancy). The researcher recommends the following: necessity interest by some Capacity mental and associated With drills ball basket thumbnail in a form General and procedure studies similar on Capabilities Mentality New And for skills games different other.

Keywords: Mental abilities, offensive skills, mini basketball

Introduction

The types of mental abilities and their relationship to each other differ according to the difference in the view of mental formation or construction, and there are a large number of special mental abilities that are linked to each other, such as intelligence, focus of attention, motor perception, and kinesthetic perception, and it is mentioned (Mufti Ibrahim, 2001, p. 41) that mental abilities are a factor It is important and effective in determining the level of sports in many sporting events, and it means "the mental ability of an individual to accomplish a task or adapt to work successfully." It is achieved by sensory or mental actions, and it may be innate or acquired through learning. (Ismail, Sobhi 2002, p. 58) mentioned that the scholars emphasized the importance of the mental aspect in the field of motor and sensory-kinesthetic and the relationship between the mind and the body and the extent of coordination between them. (Holtstiege, 2004) called for learning through (mind, heart, and hand). Hence, we note the strong correlation of motor and mental development and its positive impact on the performance of skills and behavior of the learner, and both (2007, 282, Tenenbaum & Eklund) add that the subject of mental skills is one of The important topics that help athletes and coaches, especially in reaching the level of successful performance, as identifying the keys to mental skills that are related to performance is a guide that develops mental intervention programs. Mental skills are among the basic components that a basketball player needs, as they develop motor skills and develop skillful and tactical performance. The decision and the preparation of various motor programs stored in the memory, which leads to a correct motor response and a better level of achievement. The mini-basketball game is one of the goals of the International Basketball Federation (FIBA) to spread the game of basketball and start it from childhood, by providing an opportunity for boys and girls under the age of 12 to play

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basketball, which is a rich and unique experience for this age group, though We contribute to their upbringing and learning the arts of the game first, accustoming them to good organization and competition, and creating opportunities for their development physically, mentally and kinetically, leading to their integration into society through socialization. Young athletes around the world have received great interest. The importance of the current research is to try to explain the relationship of mental abilities Its role is to teach young players the skills of basketball, and it must be noted the role of coaches, as they must realize and understand the principles of the game of mini-basketball, and they must pledge to develop their knowledge and experience to work with children, which is a great responsibility that rests on their shoulders.

Research problem

The process of training on mental abilities is one of the important auxiliary factors that facilitate the process of learning skills and mastering them fully, because these abilities are related to the same as other capabilities and characteristics related to performance. Unfortunately, most trainers focus their attention on the physical and skill aspects without any regard for mental abilities, despite Its paramount importance in possibility Predicting or developing the level of young players in performing skills, Also, there is a lack of study of the relationship between different mental abilities, and the offensive skills of young players. Therefore, the researcher presented a study that targeted this young age group of learners, thinking that it would help coaches and teachers in facilitating the development process through the following question: Is there a relationship between mental abilities and some offensive skills of mini-basketball (sperm basket).

Research goals

1. Identifying the most important mental abilities suitable

- for mini-basketball players (mini-basketball).
2. Identifying the relationship between the mental abilities and some offensive skills of mini-basketball players (mini-basketball).

The researcher made the following

1. There is a statistically significant correlation between the mental abilities and some offensive skills of mini-basketball players.

Research areas

1. **The human field:** The players affiliated with the Specialized Basketball School / Union of Maysan Branch
2. **The spatial field:** Martyr Wissam Oreibi Olympic Hall.
3. **The temporal domain:** 3 / 1 / 2023 until 25/2/2023.

Research methodology and field procedures

Research Methodology

The researcher used the descriptive approach in the style of correlational relations due to its suitability for research procedures in achieving his goals "to find out the extent of one or more correlations, or in other words the extent of agreement between the variables in one factor with the variables in the other factor." (Wajih Mahjoub, 2002, p. 287).

The research community and its sample

The research community was determined by the intentional method, and it included players belonging to a football school The specialized basket affiliated to the Iraqi Basketball Federation, Maysan branch, with a total of (25) players From the category of mini basketball, ages (10-12), and the researcher chose the sample randomly The number reached (20) players from the community of origin, then the researcher conducted the homogenization process for the sample members.

Table 1: It shows the homogeneity of the sample in the arithmetic means, standard deviations, and skewness coefficient

T	Variants	Measuring unit	Arithmetic mean	Mediator	Standard deviation	Torsion modulus
1	height	poison	142.40	142	5.27	0.42
2	the weight	kg	35.45	34	2.44	0.87
3	chronological age	year	10.95	11	0.76	0.09

The researcher carried out the homogenization process to single out the research sample with the study variables, and the torsion coefficient was used for these variables, and the results appeared to be all confined between (± 1), and this indicates the homogeneity of the sample.

Tools, means and devices used in collecting information

The researcher used a set of tools, means, and devices, as follows:

- Arabic and foreign sources and references.
- Test and measure.
- Personal interviews.
- Metric tape measure.
- (10) Miniature basketballs.
- Basketball Stadium.
- Casio electronic stopwatch.
- Whistle.

Field research procedures

Identifying and testing mental abilities

The researcher intended Determine the most important mental abilities with the help of scientific references and sources, and who during forms poll distributed on a number of experts and specialists, And he has Use abilities and tests which I got on higher materiality, And as shown in Table No. (2).

Identifying some offensive skills in basketball and testing them

The researcher identified some of the offensive skills prescribed and prepared within the curriculum of the Specialized School of Basketball, which are (chest handling with both hands, high clapping, scoring from stability), then he determined and tested them, through questionnaires that were distributed to experts and specialists, and he used the appropriate tests which I got on higher Importance relative, And as illustrated in Table No. (2)

Table 2: Shows the relative importance of mental abilities tests and selected offensive skills, according to the opinions of experts and specialists

T	Mental abilities tests and basic skills tests	The number of experts	Relative importance
1.	(Borden - Anfimov) test for focus of attention	9	90%
2.	a test perception sense kinetic to jump the long	10	100%
3.	speed test pass bra	9	90%
4.	a test plump high	8	80%
5.	a test Aiming from stability	9	90%

Specifications of mental abilities tests

First: Attention Focus Test: (Ahmed Khater, Fahmy Al-Beik, 1978, p. 524)

Borden - Anfimov test for attention focus.

It is one of the tests for measuring five aspects of attention, namely (attention intensity, attention focus, attention distribution, attention shifting, attention persistence). It is a paper containing (31) lines of Arabic numbers distributed in the form of groups, each group consisting of (3 - 5) numbers. Each line contains (10) groups, the sum of their numbers is (40) numbers, meaning that the test contains (1240) numbers.

Secondly: Kinesthetic perception test: (Abdel-Fattah: and Hassanein 1997, 175).

- Kinesthetic perception test for the long jump from standing forward

The player stands behind a drawn line, then performs the jump with maximum force, and the distance of the jump is measured and recorded. After that, the player is asked to perform the jump with 50% of the force with his eyes closed. The tester is given (3) attempts to jump to the maximum possible distance, and he is also given (3) Attempts to jump while blindfolded, then the differences between the distance achieved by the tester and the distance determined for the middle of the real distance are recorded.

Specifications of offensive skills tests

First: The thoracic handling test: (Muhammad Abd dime And Muhammad Hasaween, 1999, p. 113).

The goal of the test: speed pass bra (15) pass

- **The necessary tools:** A basketball court, a smooth wall, a miniature basketball, a stopwatch, a whistle, and a line drawn on the ground at a distance of (5 feet) (1.5) meters.
- **Performance specifications:** Standing lab behind a line decree on distance (1.5m) from wall and at Hearing Signal start get up lab handling the ball on the wall and on that be this pass Tested chest level And faster what can then get up receive the ball after bounce it from wall to be restored repetition the job until that Lead (15) handling intact.
- **Registration:** Calculates time that it takes lab since Hearing Signal start and even touch the ball for a wall in pass Fifth ten Last (in seconds).
- **High plump between chairs tests:** (On Salloum, 2004, 184-185)

The purpose of the test: measuring the speed of the ball

- The necessary equipment: a basketball court - a legal basketball.
- A stopwatch. Chair number (4).

Procedures

- A line is drawn for the start. Four chairs are placed so

that the distance between the starting line and the first chair is (20 feet) (6 m), while the distance between the rest of the chairs is (15 feet) (4.5).

Performance specifications

- The tester stands behind the starting line, and the ball is in front of him.
- When he is given the start signal, he must pick up the ball and carry out the dialogue with the zigzag running between the chairs as quickly as possible, back and forth, and upon his return, he must cross the starting line.

Registration

The time in which the tester traveled the specified distance back and forth is calculated from the moment the command to start is issued until the tester skips the starting moment, in seconds

Third: Shooting tests: (Ali Salloum, 2004, 179).

- Shooting test from behind the free throw (10) throws
- The purpose of the test: To measure the correctness of
- Stability.
- Equipment needed: A basketball court. Basketball goal. Two (2) basketballs.
- Performance description: The player takes a standing position with the ball behind the middle of the free throw line
- The player performs two groups consisting of (5) consecutive throws.
- The player has the right to shoot in any appropriate way.
- Each player has only one attempt.

Test management

- Registered: He calls the rolls to register first to record the results of the throws.
- An arbitrator stands beside the player to give him the ball and observe the correct performance and counting.
- Calculation of scores: one score is calculated and recorded for each successful throw (a ball that enters the basket).
- The player does not count any score when the ball does not enter the basket (failed).
- The score of the player is the sum of the points he gets in the (10) throws.

The main experience

The researcher started conducting the main experiment on the research sample on Tuesday corresponding to 3/1/2032, as he conducted tests for mental abilities, namely (focusing attention, kinesthetic perception) and then offensive skills tests (thoracic handling, high plumpness, shooting from stability) on The research sample members, as the tests were conducted with the help of the coaches of the specialized school for basketball.

Statistical means

The researcher used the statistical bag (SPSS) to process the data obtained from these means (torsion coefficient, arithmetic mean, standard deviation, simple correlation coefficient).

Presentation, analysis and discussion of the results

an offer and discuss results The arithmetic means and standard deviations of the respondents' tests in the research variables (concentration Attention, sense kinetic, handling bra, plump High, aiming from stability) and as shown in Table (3).

Table 3: The mean and standard deviation of the research variables are shown

T	Variable	Measuring unit	T	Variable	Standard deviation
1	Focus attention	20	Degree	61.14	2.44
2	Kinesthetic perception	20	Degree	57.43	2.95
3	thoracic handling	20	Time	13.94	1.19
4	high plump	20	Time	12.71	1.98
5	Aiming from stability	20	Degree	4.71	0.83

Table (3) shows the arithmetic mean and standard deviations for mental abilities tests and offensive skills tests. The arithmetic mean for attention focus was (61.14) and the standard deviation was (2.44). The arithmetic mean of the kinesthetic perception test was (57.43) and the standard deviation (2.95). The arithmetic mean of the chest handling test was (13.94) and the standard deviation was (1.19). the middle Arithmetic to test High plump (12.71) and skew

Normative (1.98). As for the arithmetic mean of the correction test of stability, it was (4.71) and the standard deviation (0.83).

View and discuss results Links Moral between The variable of attention focus and offensive skills under study (chest handling, high clapping, shooting from stability) and as shown in Table (4):

Table 4: It is clear transactions link between concentration Attention and offensive skills

Variable	Thoracic handling	High plump	Aiming from stability
Focus attention	0.778	0.763	0.801

Show Table (4) calculated (t) value between Tests mental capacities and offensive skills Lost reached The value of (t) calculated between a test concentration Attention and chest handling skill (0.778), As for with plump high Lost reached (0.763), As for with aiming from constancy Lost It reached (0.801), which is relationship Engagement Same indication

morale.

View and discuss results Links Moral between perception variable sense Movement and offensive skills under study (chest handling, high clapping, shooting from stability) and as shown in Table (5):

Table 5: It is clear transactions link between perception sense kinetic and skills offensive restriction search

Variable	Thoracic handling	High plump	Aiming from stability
Kinesthetic perception	0.792	0.814	0.853

Show Table (5) calculated (t) value between Tests Capacity mental and skills offensive Lost reached The value of (t) calculated between a test kinesthetic sense and skill handling bra (0.792), __ As for with plump high Lost reached (0.814), __ As for with aiming from constancy Lost It reached (0.853), which is relationship Engagement Same indication Morale.

Discussing test results

By presenting and analyzing the results of tests for mental abilities and offensive skills specified in the research, the results were shown Through tables (4) and (5) there is a significant correlation between tests of mental abilities and offensive skills in basketball, and the researcher attributes the reason for this to the fact that these abilities greatly affect these skills, and no It can take place without the availability of interfering factors that lead to its success, and this is confirmed by it Mohammed Shimon " (1996) Ann " concentration Attention And realize Sensation by time from Capacity mental the basic for every athletes And count from ingredients success and excel in all activities sports."

As for table (4), its results showed the existence of a significant correlation between the concentration of attention test and the types of offensive skills under study in basketball.

Handling skills, Alttaba and shooting basketball " as Play focus of attention Dora Whatever in performance skills sports different Especially in the moment that initiate in it player by attacking basket, Where he was known (Abd Fattah and Ruby, 181, 1986) that concentration mind on One from themes possible or concentration mind on an idea specific from between ideas, as well (Maghjoub, 61, 1985) adds that " Focus he to gather all thoughts and operations intellectual with a point oasis to serve the job skillful The intended achieve it."

As for Table (5) has been lost I showed its results Existence relationship Engagement Same indication morale between a test perception Sensation - kinesthetic, and types skills offensive restriction the study early basket attribute researcher a reason that to "that Knowledge sensual Same Importance in development skill kinetic sports where that susceptibility on perception phenomena evolve in training Athlete". (Student Walwes, 2000:163)

shows all from (obscured and Mandalawi, 1982:53) "An perception he Sensation By phenomena surrounding with activity the athlete knowledge That phenomena from Okay Access to results better and that all player in training maybe that Develop This is amazing phenomenon surrounding for activity the athlete that practice it, and must that He is I have

player capacity Awareness of place and expectation focus in Situations Play different as well Speed thinking in positions changing.” Wan Experience Personal play Dora important in development Speed perception and response a result to acquire player a lot from skills and capabilities kinetic from during positions changing during training and competitions, and this is what confirmed (Abd Al-Sattar, 2000, pg. 229) and he says, " When be response kinetic good it is maybe control in skills and possibility applied in a form Proportional to with position.”

Conclusions

1. Noon RT for younger player’s Spiritual relationship between Variable ability (concentration of attention) and skills (chest handling, high plumpness, and shooting from stability).
2. Appeared when players little ones relationship Engagement morale between a variable capacity (sensory perception - kinesthetic) and between Handling Skills – bra, plump high, and aiming from constancy).

Recommendations

1. Giving priority big for training on capacity concentration Attention mental for players little ones to develop performance Required skills.
2. Attention With development capacity perception Sensation in place I have players with a game mini basketball 0
3. Procedure studies similar But in a form experimental on a light variants that She was In which Relations Engagement Significant 0
4. Paid study Relationship between skills mental and skills offensive in other games.

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