Salihu Hazir, Miftari Florian. The differences in motoric basic and situational motoric tests to young basketball players. Journal of Education, Health and Sport. 2018;8(11):311-317. eISNN 2391-8306. DOI http://dx.doi.org/10.5281/zenodo.1490531 http://ojs.ukw.edu.pl/index.phpohs/article/view/6305

The journal has had 7 points in Ministry of Science and Higher Education parametric evaluation. Part B item 1223 (26/01/2017). 1223 Journal of Education, Health and Sport eISSN 2391-8306 7

© The Authors 2018; This article is published with open access at License Open Journal Systems of Kazimierz Wielki University in Bydgoszcz, Poland Open Access. This article is distributed under the terms of the Creative Commons Attribution Noncommercial License which permits any noncommercial use, distribution, and reproduction in any medium, provided the original author (s) and source are credited. This is an open access article licenses article license of the Creative Commons Attribution Noncommercial License Share alike. (http://creativecommons.org/licenses/by-nc-sa/4.0/) which permits unrestricted, non commercial use, distribution and reproduction in any medium, provided the work is properly cited.

The authors declare that there is no conflict of interests regarding the publication of this paper. Received: 25.10.2018. Revised: 25.10.2018. Accepted: 18.11.2018.

The differences in motoric basic and situational motoric tests to young basketball players

Hazir Salihu

Faculty of Physical Education and Sports.

University of Prishtina."HASAN PRISHTINA"

Republic of Kosovo

Florian Miftari

Faculty of Physical Education and Sports.

University of Prishtina."HASAN PRISHTINA"

Republic of Kosovo

Principal contact for correspondence. E-mail: florian.miftari@uni-pr.edu

Abstract

In this study-experiment are treated 14-15 years old young basketball players includes 66 entities of males (33 are active while 33 are not active), who are subjected to certain tests from the trainer, who besides learning process exercise basketball in different basketball schools in the city of Prishtina. The experiment includes 10 variables, 5 from those variables are from the basic motor performance and 5 other variables are from situational skills. The data was analyzed by mathematical statistical package, SPPS program, version 23.0 for windows. Scientific research is done in the composition of the motoric basic and motoric situational tests. The processing of results is done by T-test for independent entities. First purpose of this study- experimentation, is to conclude the presentation of changes in some features and basic and situational motor skills at basketball players aged 14-15 years. The second purpose of this study will be defined, certification of variables on some basic and situational motor skills at young basketball players. Through this experiment are observed changes in motor space, movements in situational tests which are in favor of the group with active basketball players.

Key words: Young basketball players; basic motor; situational variables; T-test.

Introduction

Basketball is known as a game with lot of dynamism and frequent curves on results, in most cases are created (shown) attractions that attracts the viewers, therefore as an attractive sport itself contains a number of interesting situations. The game requires high preparation of physical and technical-tactical, especially comes in consideration the quick reactions of movements somewhere in the field, knowing the limited time on the attack phase, similar researches in the field of basketball was done by author. Basketball players required rapid and good coordinated movement in different directions. Like in every sport, if we want to have successes and the results, which is the main of sport player and the professional collaborator on this field (Janeira,

M. A., & Maia, J. 1998; Hoare, D.G., 2000; Salihu ,H.,& Dehari, D., 2016). Based on the quick game, we distinguish some features of this attractive game and in particular the basic elements of the game, dribble, passes in right time (the moment), the accurate and accuracy assists of the shot in the basket from different positions. First purpose of this study- experimentation, is to conclude the presentation of changes in some features and basic and situational motor skills at basketball players (active and inactive) aged 14-15 years. The second purpose of this study will be defined, certification of variables on some basic and situational motor skills at young basketball players (Erculj, F., 2010; Salihu,H., 2008; Janeira, M. A., & Maia, J. 1998; Hoffman, J.R., Tenenbaum, G., Maresh, C.M., Kraemer, W.J. 1996; Hoare,D.G., 2000; Salihu ,H.,& Dehari,D., 2016) . The primary objective is: the variables to be treated with T-test method, looking at the changes introduced by some basic and situational motor skills of young basketball players.

Material & Method

The experimentation includes 66 entities (33 active and 33 not active), aged 14-15 years, males, that means beside regular learning process in physical education, they exercise basketball in different basketball schools in the city of Prishtina. Tests of basic motor skills are conducted in the morning hours, while variables of situational skills tests were conducted during the training sessions in basketball. The treated that were selected are the young basketball players who done certain tests given by the instructor (coach). The sample of variables basic motoric are: SLJ - Standing long jump; JAR - Jump and reach ; SR25m - Sprint running 25m; AM - Abdominal muscle or repetitive force; FA – Flexion of the arms. The specific motor variables: DWTB25m - Dribble with the ball, one way and return back; TBBD - Throwing the basketball ball in a distance; HD4m - Half-distance shot from 3 meters with the help of the table, with right and left hand; FSRL - Free shot with the right and the left hand; SJD - Shot with a jump in a distance from the three different positions.Results were processed with SPSS program, version 23.0 for Windows. The data were treated with T-test method, in the space of basic motor and situational.

Results and Discussion

In the table 1 is shown the results of measurements of active and inactive basketball players, represent a significant change in fourteen statistical variables. In all basic motoric tests, variables have significant contribution between test measurements. The distribution of outcomes between active and inactive basketball players, are achieved significant changes in the level of. 05 and .01 probability based on T-test method. The validity of each variable separately, will give more detail below. According to the survey of the table 1, we see that the variable standing long jump to active basketball team, have higher values of 184.46cm, whereas inactive basketball players, the result is 166.55cm, the levels of probability-availability Sig.000. The other test jump and reach, is again high at active basketball players with values from 33.67cm, whereas at inactive basketball players the results is 30.69 cm and in the level of probability for the groups that are measured is .012. For the parameters of repetitive force the abdominal force with the values from 19.46 higher for the active basketball players, while for inactive basketball players is 16.39 or represented in sig. value of Sig .017.

Variables	Mean ₁	Mean ₂	SD	Std.Error Mean	T-value	Sig.
SLJ	184.46	166.55	28.66	3.83	4.89	.000
JAR	33.67	30.69	11.32	1.44	2.13	.012
SR 25m	4.71	5.17	.58	.21	.19	.763
AM	19.46	16.39	4.78	.49	1.67	.017
FA	16.68	17.88	8.57	1.47	45	.469

Table 1 Results from motoric basic tests active and inactive at basketball players measurements

In the table 2 are shown the results of measurements of active and inactive basketball players in the motoric situational variables, space of accuracy-precision, are natural in all variables that have systemic changes. As is the case with variables dribble with the ball, one way and return back, for active basketball players has the value of 9.89 seconds, but for inactive basketball

players was 11.34 seconds, or at the level of validity of Sig.000, to have the same level of other variables, such as; half-distance shot from 3 meters with the help of the table, with right and left hand, free shot with the right and the left hand and shot with a jump in a distance from the three different positions. The test throwing the basketball ball in a distance is difficult to be realized by the inactive basketball players, but active basketball players, have managed to get the best value of 12.66 meters, 10.78 meters , respectively for inactive basketball players .001 level.

However, also the accuracy variable; shot the ball in the basket from the third position is with the value 2.61 for active basketball players, for inactive basketball players respectively is 2.24, or express the probability level of .081. While from the second position the value is from 2.91 for active basketball players and for inactive basketball players is 2.41. Therefore, from this table we can see the systematically changes are introduced between active and inactive basketball players, in the space of basic motor and situational variables.

measurements										
Variables	$Mean_1$	Mean ₂	SD	Std.Error	T-value	Sig.				
				Mean						
DWTB 25m	9.89	11.34	1.22	.43	-3.57	.000				
TBBD	12.66	10.78	2.45	.26	2.43	.001				
HD3m R	1.44	.64	0.76	.31	4.81	.000				
	1 40	F D	0.02	74	4.0.4	000				
HD3m L	1.40	.52	0.63	.24	4.64	.000				
FSRL R	2.65	1.47	1.01	.13	7.88	.000				
FSRL L	2.41	.67	1.09	.14	6.47	.000				
SJD	2.47	1.33	1.11	.12	10.31	.000				
SJD	2.91	2.41	1.43	.15	4.82	.000				
SID	7.61	2.24	1 76	17	1 00	001				
210	2.01	2,24	1.30	.17	1.55	.001				

Table 2 Results from motoric situational tests active and inactive at basketball players measurements

Conclusion

In this study were treated samples of 66 entities age 14-15 years, that were divided into two groups, with 33 of them represent active group of basketball players, while 33 other inactive group. In this case the motor space is treated with T-test method, were treated 14 of the basic and situational variables. In basic motor and situational variables is logical to be the best active basketball players compared with inactive. This can be explained by the fact that active young people, besides regular learning process of physical education and sports they follow training sessions in basketball (Miftari et al., 2017).

Significant changes in the growth of basic skills and situational are registered at active basketball players in almost all motor variables except variables sprint 25 m, and the flexion of the arms, while other tests have shown changes that are: standing long jump, jump and reach, abdominal muscle or repetitive force and flexion of the arms, however, situational variables are reasonable in all the variables that have significant important systemic changes as follows: dribble with the ball, one way and return back, throwing the basketball ball in a distance as well as those of situational precision-accuracy, half-distance shot from 3 meters with the help of the table (with the right and left hand) and the shot in a distance from the three different positions.

In this experiment, based on the analysis of changes respectively with T-test method, we noted the significant changes only in the group of motor situational variables in those parameters that are typical for the game of basketball. Through this experiment are observed changes in motor space, movements in situational tests which are in favor of the group with active basketball players, whereby their work in the game of basketball has helped basketball players to separated from the group of inactive basketball players and to be transformed in terms of the particular motor validity in particular have achieved in the variables that are typical for the game of basketball.

References

Delextrat, A., & Cohen, D. (2009). Strength, power, speed, and agility of women basketball players according to playing position. Journal of Strength and Conditioning Research. Pub Med. Gov. 23(7):1974-81

Erculj, F. (2010). Morfoloske znacilnosti kosarkaric, starih 14 in 15 let, ki nastopajo v skupinah A in B Evropskega prvenstva. Revija Sport volum. Vol. 1(2):63-67.

Hoare, D.G. (2008). Predicting success in junior elite basketball players: the contribution of anthropometric and physiological attributes. Journal Sci Med Sport. Vol.3 (4): 391-405.

Hoffman, J.R., Tenenbaum, G., Maresh, C.M., & Kraemer, W.J. (1996). Relationship between athletic performance tests and playing time in elite college basketball players. Journal of Strength and Conditioning Research Vol. 10 (1):67–71.

Janeira, M.A., & Maia, J.(1998). Game intensity in basketball. An interactionist view linking time-motion analysis, lactate concentration and heart rate. Coaching and Sport Science Journal Vol. 3 (1):26-30.

Miftari, F., Salihu,H., Jarani,J., & Stratoberdha,Dh. (2017). Performance of the changes introduced in some morphological and basic motor variables specific to basketball players of both sexes aged 15-16 years. European Journal of Physical Education and Sport Science. Vol.3(5):93-99.

Salihu, H., (2002). Evaluation of the changes presented in some basic motoric tests at young basketball players – initial and final testing. First international symposium of Basketball. 2002. Brezovica. Kosovo.

Salihu, H., (2006). Age 15-16 years, as a predictive basis for the future of our basketball. Q.K.SH. Sports Studies Tirana. Albania. Vol.3.

Salihu, H., (2008). Teacher of physical education-support physical health and personality of children and youth. Sport Science Journal. Vol.-1(1):66-70.