

A Comparative Study of Shooting Accuracy In Basketball Among Tall And Short-Heighted Untrained Players of Physical Department of Kashmir University Srinagar

Mohd Rafeeq Dar

Research Scholar Mewar University Rajasthan, India

Abstract

The purpose of this study was to investigate the shooting accuracy in basket ball among tall and short heighted untrained player of physical education. For this purpose 30 male student from department of physical education from Kashmir University were selected as subjects and were kept in two groups as per height. 21 days shooting accuracy training was given to both the groups. T test as a statistical tool was used to compare the shooting accuracy between the groups. The level of significance was set at 0.05. The results in general support that no effect was observed after 21 days of selected training programme

KEYWORDS:- basket ball ,shooting accuracy.

Introduction: - In the sport of basketball, the ability to shoot the basketball is a key skill. Though shooting techniques have changed, as Cooper (1990) acknowledges, shooting one handed, with one hand behind the ball and the other to the side, has become the common method of shooting both jump shots and free throws. Since shooting is such an integral part of the game, an ability to shoot successfully from a variety of distances would naturally be desirable. Consequently, identifying the characteristics which skilled performers use to achieve success across different distances should be useful information to coaches, teachers and players.

Methodology:- the aim of this study was to investigate the shooting accuracy in basket ball between tall heighted and short heighted among physical education students. 30 male students of physical education from department of physical education, university of Kashmir have been selected as subjects for the study. 15 students were selected randomly in tall group and 15 students were selected as per their height in short heighted group. 21 days shooting accuracy training was given to both the groups. T test was used as a Statistical tool to know the shooting accuracy between both the groups. The level of significance was set at 0.05.

Findings :-

Table 1

Showing the comparison of shooting accuracy between pre test and post test of tall players of basket ball. (45^0 angles from right side.)

Test	Mean	SD	T-ratio
Pre-test	1.2	1.04	1.32

Post-test	1.66	0.86	
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Figure 1 showing the comparison of shooting accuracy between pre test and post test of tall players of basket ball. (45° angles from right side.)

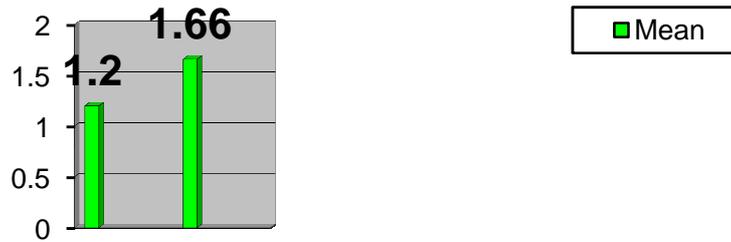


Table 2 showing the comparison of shooting accuracy between pre test and post test of short players of basket ball. (45° angles from right side.)

Test	Mean	SD	T-ratio
Pre-test	0.93	0.99	0.784
Post-test	1.2	0.90	

Figure 2 showing the comparison of shooting accuracy between pre test and post test of short players of basket ball. (45° angles from right side.)

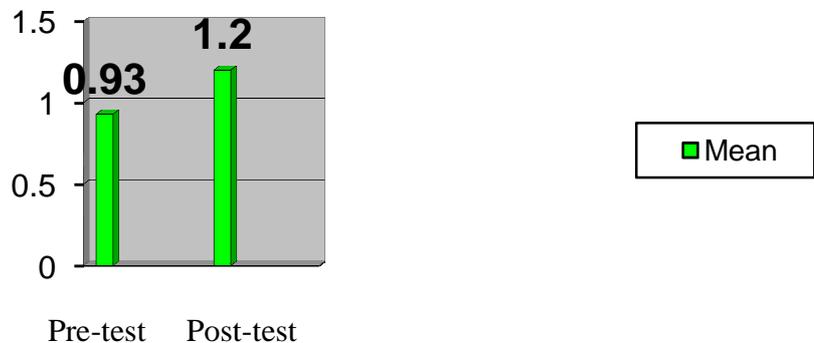


Table 3 ,showing the comparison of shooting accuracy between pre test and post test of tall players of basket ball. (45° angles from left side.)

Test	Mean	SD	T-ratio

Pre-test	1.2	0.90	0.718
Post-test	1.46	1.08	

Figure 3 showing the comparison of shooting accuracy between pre test and post test of tall players of basket ball. (45⁰ angles from left side.)side.

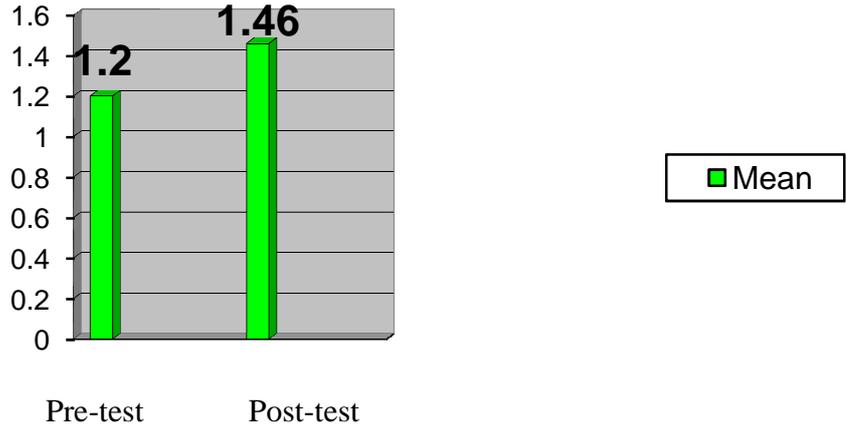
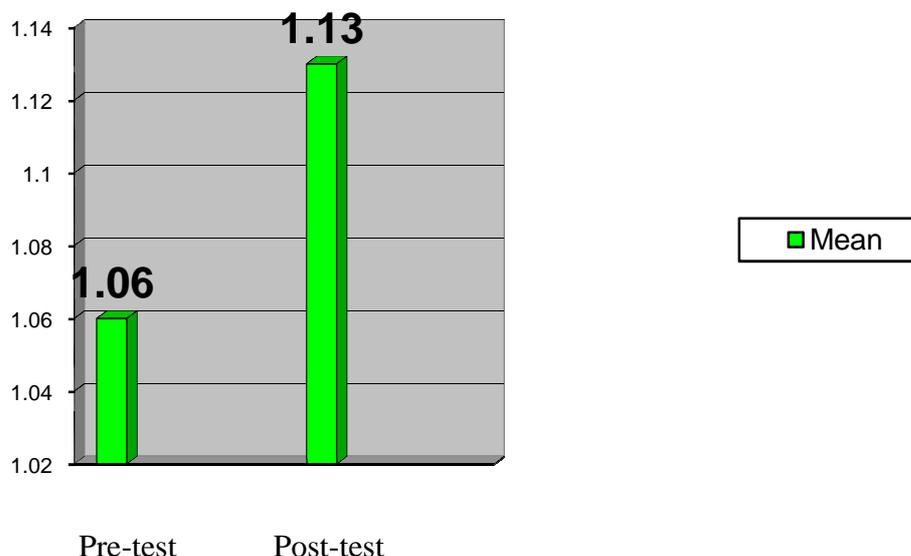


Table 4 showing the comparison of shooting accuracy between pre test and post test of short heighted players of basket ball. (45⁰ angles from left side.)

Test	Mean	SD	T-ratio
Pre-test	1.06	0.92	3.33
Post-test	1.13	0.84	

Figure 4 showing the comparison of shooting accuracy between pre test and post test of short heighted players of basket ball. (45° angles from right side.)



Discussion of findings:-

The investigator examined the shooting accuracy among tall and short players of basket ball from department of physical education university of Kashmir. The results in general support that no effect was observed after 21 days of selected training programme. The basketball coordinative pattern of shoot showed to be consistent independently of the player height. Thus, in tall players only the control parameters seemed to be adapted to accomplish a well succeed shoot. However, these finds are not in consonance with other studies that argue the effect of experience and players' height during the shoot performance (HUDSON, 1982, 1985a, 1985b).

Hudson (1982, 1985a) showed that release height is one of the most determinant parameters for the differentiation of players experience. Because, low height of release needs greater generation of force and velocity to provide impulse to throw the ball (KNUDSON, 1996), and both are inversely related to less accuracy of movement response (SCHMIDT et al., 1978; TEIXEIRA, 2000). Theses hypothesis have support on the findings of Okazaki et al. (2006) that verified greater elbow extension and greater shoulder velocity during the shoot performed by children in comparison with adults. Nevertheless, the results of the present study suggest that the differences found on the studies of Hudson (1982, 1985a, 1985b) seems to be more related.

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