

Effect of Six Week Specific Training on Jump Shot Performance of Female Basketball Players

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Abstract

The aim of the study was to investigate the effect of specific training drills on the jump short performance of female basketball players. The participants of the study were 20 female basketball players with age ranging from 15 to 17 years, of HOPETOWN GIRLS' SCHOOL Dehradun were selected as subjects for the study. They were given six week specific drill treatments. The treatments were given thrice a week in evening game session (Monday, Wednesday and Friday respectively). The AAPHERD modified Basketball shooting test was administered to check the jump shot performance of female basketball players. The level of significance chosen was 0.05 level. Standard techniques and procedures were followed and Paired 't' test was conducted to compare between the groups. The 'p' value so obtained after comparing the pre and post-performance was found to have significant difference at 0.05 level of significance in the performance of jump shot ($p < 0.05$). Over all it was found that six week specific training drill is effective in the improvement of jump shot performance of female basketball players.

KEYWORDS: basketball, Jump shot, specific basketball drills

Introduction

Five, four, three, two...and it's a goal! The gang roars jointly miss rises on top of the defense and scores within the final seconds of an exhilarating game of basketball. Boys don't seem to be the sole ones who will shoot the jumper or set.

Development of this century all told walks of human life has surpassed the progress of thousands of years and sports are a district of it. Technology covers each facet of life and sports are not any exception to that. Sports science has enabled trendy youth to develop physical capacities on the far side imagination. Sports science has become an efficient tool raising the performance during this extremely competitive world and records area unit being broken this bigger rate and regularity.

Basketball is a complex polistructural activity (Karalejić, & Jakovljević, 2008). Achieving a good result in basketball (Jakovljević, 1997), as in most sports, mostly depends on the quality of technical skills, i.e. their efficiency (Kuleš, & Marić, 1989; Savić, 1987). Basketball skills contain a range of motor activities (elements) which players apply during the game, both during the phase of offence and defense. Basketball players perform a number of more or less complex activities (Trninić, Karalejić, Jakovljević, & Jelaska, 2010a; 2010b). In order to be able to perform these activities successfully, it is necessary for them to possess excellently developed basketball skills, both technical and tactical. Basketball skills, the basis of which is the basketball technique, contain stylized motor structures specific for basketball, which a player uses in order to solve certain situations in a game (Karalejić et al., 2008). This

is why it is essential that these skills should continuously be perfected and their efficiency improved.

In the modern world due to the growing awareness on sports large number of young men and women participate in all over the world. When, in 1891, Dr James Naismith, a lecturer in an American college, devised a game that would keep his students fit during the winter months, he surely could have had no idea what he was starting. Today, the game of basketball is played all over the world - by boys, girls, men and women - at many different levels (Chris Bunnet and Sean McSweeney, 1991).

Athletic training based on scientific principles is among the most important factors that enable us to reach the highest athletic levels in various games. The developed countries attributed great attention to players' preparation to reach top achievements and ranks in international champions as it reflects the extent of advanced sciences in these countries. Athletic distinction is the outcome of training based on knowledge and practice to make the athletes reach levels which qualify them to take part in championships and competitions. This is done through comprehensive preparation which includes different and overlapping aspects of training such as physical, skilled, psychological functional aspects and other aspects in preparing athletes. There are multiple preparation methods for junior athletes in various games. Each method has its attributes in terms of game type, physiological, physical, skilled, planning, and legal variables. Joining athletic training requires sufficient knowledge about training ways, methods and stages and consistent consideration of integration of training plans structures in terms of physical, skilled, planning, physical and cognitive preparation to achieve the best level in sports and specialized sports. This was asserted by (Mofti Ibrahim, 1998, 213) by saying that: "planning is a consistent and future process by nature tending towards integrated preparation to reach target results and achievements".

Methods

Twenty female basketball players with the age group from 15 to 17 years, Of Hopetown Girls' School, Dehradun were randomly select as subjects for the study. All subjects were given one treatments of 45 min on specific training drills thrice a week in the evening sports session (Monday, Wednesday and Friday). The data were collected for variable by administering AAPHERD modified basketball test for measuring the jump shot performance. Pre data was conducted before the start of six week specific shooting drills training programme and post data was collected after the completion of six week training programme. The analysis of data was realized using the statistical program SPSS v 17. for statistical analysis paired 't' test was employed.

CRITERION MEASURES

The jump shot performance of the player was assessed by the number of successful goal conversion made by the subjects in given trial.

Results

The data were collected and analyzed in order to draw a conclusion on the performance of jump shot after six week specific drill training are given bellow.

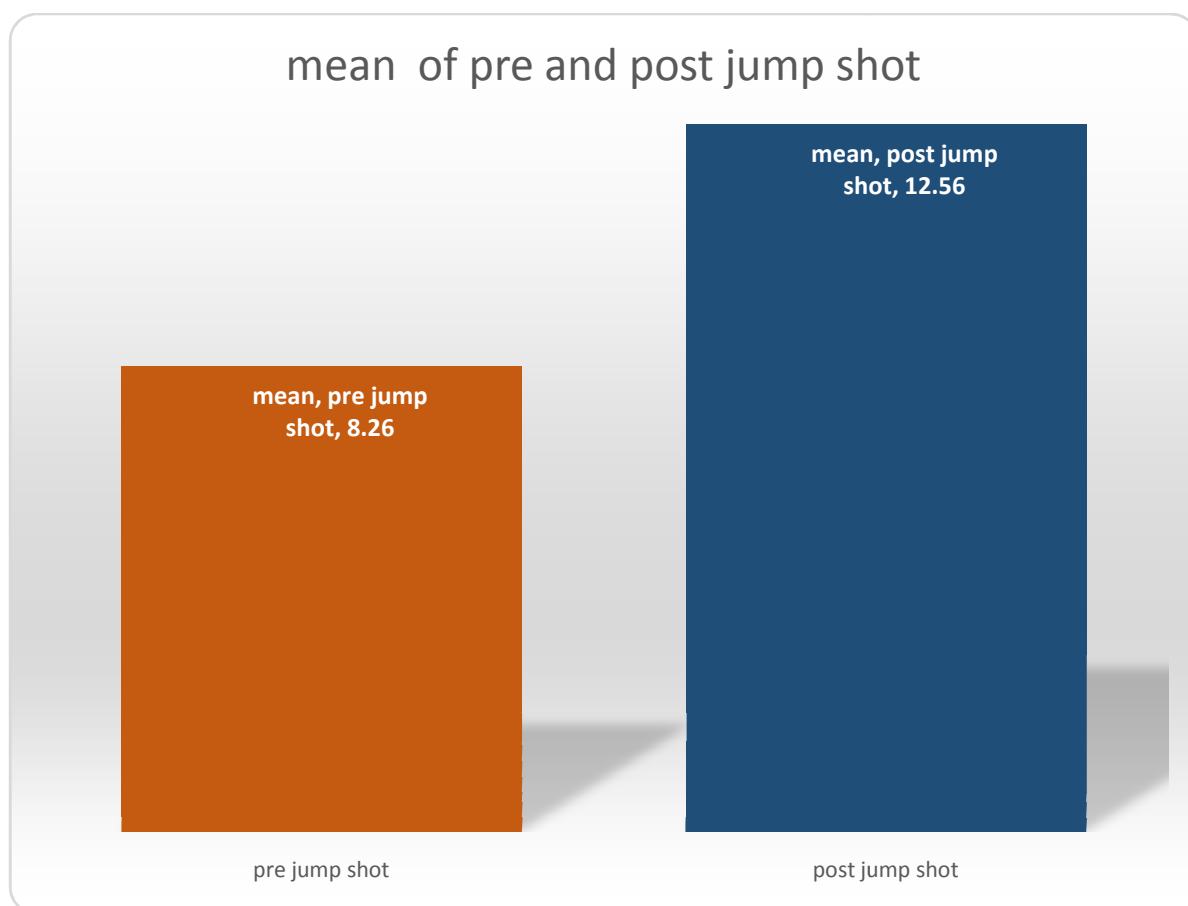
Descriptive statistics of six week training on jump shot

Table 1

S.NO	VARIABLES	MEAN	S.D	N
1	Pre test(jump shot)	8.260	2.44	20
2	Posttest(jump shot)	12.560	3.52	20

Table- 1 reveals that mean and standard deviation of pre test on jump short is 8.26, +2.44, and posttest jump shot is 12.56, +3.52, respectively.

The mean scores of pre and post of jump shot has been represented graphically in the figure. .



Comparison of mean difference of pre and post jump shot performance

Table 2

Df	Mean difference	Std.error difference	T	Significance
19	4.3	.364	11.78	0.000*

It is evident from Table no. 2 that obtained p- value (0.00) is less than 0.05 thus indicating that there is significance difference among pre and post performance of jump shot after six eek specific training drills on the jump shot performance.

2.3. Discussion and conclusion

The purpose of this study was to determine the effect of six week specific training shooting drills on jump shot performance. It is evident from the data obtained that there was significance difference of mean jump shot performance. The result of the study shows that six week specific training significantly better to enhance the performance of subjects in the shooting performance of the subjects in the shooting skills of jump shot. All the experimental drills found to be equally effective in case of the improvement in jump shot skill of female school going students.

This finding is also in conformity with the findings of Sarubbi (1972) who made an investigation to determine the effect of two different size rims on the improvement of basketball shooting ability of male college volunteer's showed a positive improvement from the initial test to the final test over the six week experimental period.

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