IMPACT OF ENVIRONMENTAL METHOD TRAINING ON THE ACCURACY SHOOT FIXED IN BASKETBALL

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Abstract

Free throw lanes are very often repeated gestures by players in training, as well as double-step. It is indeed a chance to score without opposition, for lot of number points in every game, given after a foul or violation. (Delobel, Karine, QA International Collective, Fourny, Denis, 2000.p266) indicates there average in with 25 per faults committed by team in competition that the statistics they represent a possibility of 35 points per game. As that, we confirm the advantages of the investing in the free throws that are fundamental technical factor, which we must consist in our training player's basketball. Previously, our study came to shows the impact and the importance of the methods to develop the precision in shooting in basketball. Our aims in this study:

Comparing the advantages of our tool fabricant based on the probability surfaces (sin α = the diameter of the balloon / diameter of the hoop) to demonstrate the prospect of initial position in three dimensions (face the haunts (small and large square) of the table, left and right (away from the haunts of the table)).

With the status of SHARPE (smaller diameter circles 1975) and SAMIKOP (circles inclined to the horizontal 1976) in the Shooting Fixed on Basketball.

KEYWORDS: Environmental Method. The Accuracy. Shooting Fixed in Basketball.

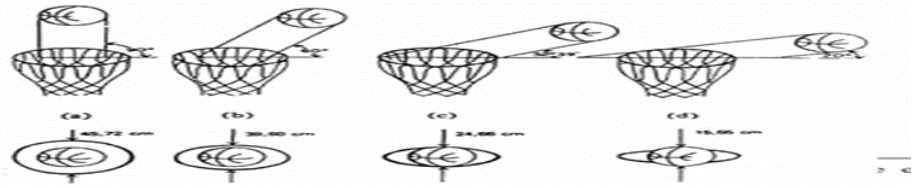
1. INTRODUCTION & PROBLEM OF THE STUDY

This research it low on the work of B. Grosgeorge that have mentioning in his article "Address in Shooting Basketball" that the Environmental method make the goal visible. Moreover, SHARPE (1975) and SAMIKOP (1976) are the first couches who posed the problems planning middle in learning of Free throw lanes Shooting Fixed in Basketball.

The first uses in highly trained players smaller diameter circles and the second uses circles inclined to the horizontal to cause beginners.

On this basis, this study dismisses:

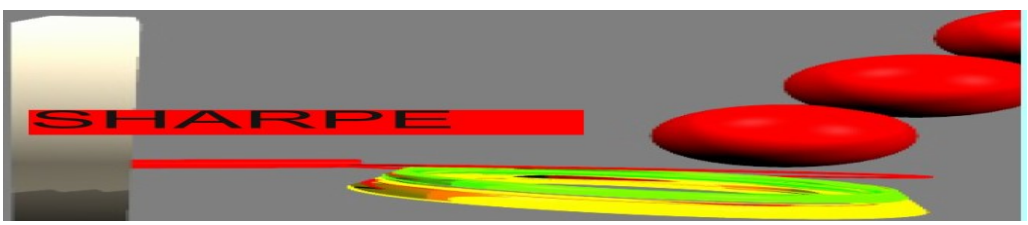
The impact of the proposed tool to recruit the input angle as stimulates in 3D situation from the initial position in basketball and regulate the shot trajectory Fig.1 Probability surfaces that allows the ball to goal (RZiane B grosgeorge, 1998)



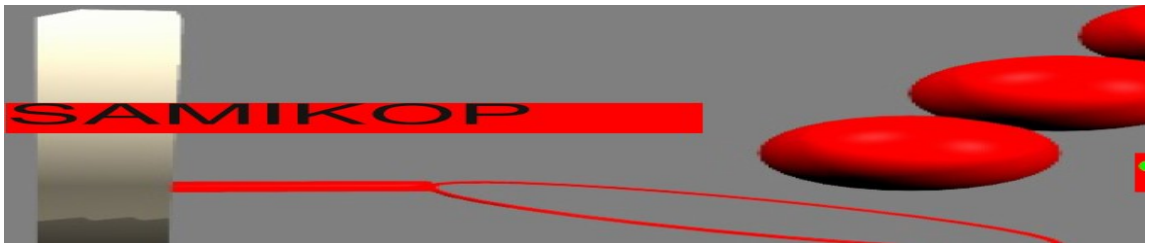
Our aims are to examine the impact of the three methods in performing the accuracy in Shoot Basketball.

2. METHODOLOGY

In this study, the researcher compared the two methods described by B. Grosgeorge (and SHARPE SAMIKOP) with its experimental protocol



SAMIKOP (1976) uses in highly trained player's smaller diameter circles Fig.2



SAMIKOP (1976) uses circles inclined to the horizontal to cause beginners Fig.3

The proposed tool to recruit the input angle as stimulates in 3D face to Cart, skillful and left the table in a 3D situation from the initial position in basketball, to regulates shot trajectory. **Fig.4**

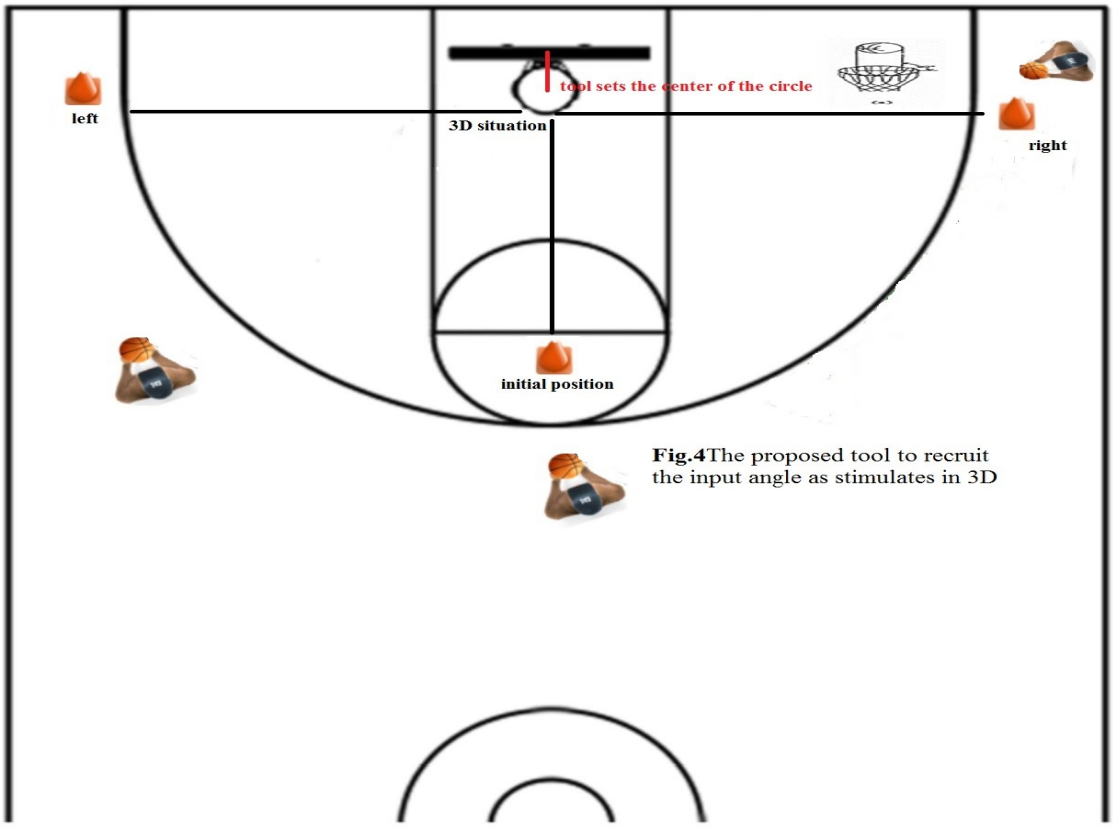
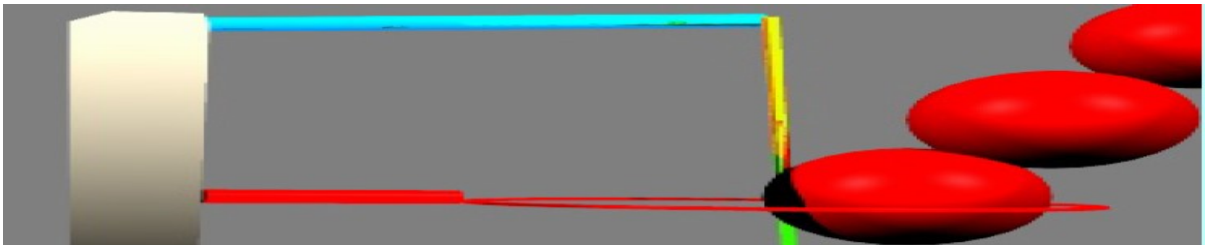


Fig.4 The proposed tool to recruit the input angle as stimulates in 3D



Data Collection

Subjects

We have selected the experience as a model to test the three methods, for a period of 1week we have integrates the three protocols as an exercises at the end of them session in the benefit of the team Mostaganem (2014-2015) which was distributed in three homogeneous groups (age, sex, weight, length, success in Shooting Fixed in Basketball and vision)

Table 1: represents homogeneity of the three experimental groups

indics		Sum of squares	df	Mean square	F	sig
free throw	inter-group	,500	2	,250	,600	,569
	intra-group	3,750	9	,417		
	Total	4,250	11			
âge	Inter-group	,667	2	,333	,231	,798
	Intra-group	13,000	9	1,444		
	Total	13,667	11			
weight	Inter-group	17,167	2	8,583	,391	,688
	Intra-group	197,750	9	21,972		
	Total	214,917	11			
length	Inter-group	,002	2	,001	,290	,755
	Intra-group	,024	9	,003		
	Total	,026	11			

3. RESULTS

Table 2: shows the anova pretest three experimental protocols

		Sum of squares	df	Mean square	F	Sig
Pretest	Inter-group	7,167	2	3,583	8,600	,008
	Intra-group	3,750	9	,417		
	Total	10,917	11			

Table 3: shows multiple comparisons LSD method

Variable dépendante	(I) VAR00002	(J) VAR00002	Différence de moyennes (I-J)	Error standard	Signification
Comparaisons Des trois méthodes	SHARPE	SAMIKOP	-,25	,46	,597
		calcul	-1,75*	,46	,004
	SAMIKOP	SHARPE	,25	,46	,597
		calcul	-1,50*	,48	,009
	Calcul (chercheur)	SHARPE	1,75*	,46	,004
		SAMIKOP	1,50*	,46	,009

From the results tables 2and3 the ANOVA is significant at the 0.05 level.

Which allows user to calculate the LSD that show the impact of the excremental method of researcher that it is the most appropriate method for training on free throws.

4. DISCUSSION

Our hypothesis is based on the comparison of the three environmental methods, that (R.Leca) confirms the impact of these methods are in the helps to make the goal or the objective visible, which allowing to the practicing the decisive proper initiation of the action, were the learning takes place based on the assessment. For (B. Grosgeorge) he confirms that SHARPE (1975) and SAMIKOP (1976) are the first researcher and couch that poses the problem of the environment in the learning and training of basketball free throw.

Our experience confirms the disadvantages of the two methods described in fig 2and 3 to the Paid time experience Lost in the limits of search we confirm:

That calculation method are the most method to train and develop precision in less time in comparison with the other two methods. Our basic explanation that it is make the clearest goal on the sensory and informational plan that (Farid Bouaoune, April 2005) explains in the impact of vision for SCHMIDT the indicator of good perception called the motor programs stored that we explain in an important role to locate the objective target of the shoot.

5. CONCLUSIONS

Form this reason; the researcher indicates that the method of calculating is the ideal situation that presents:

1- The environmental deferent difficulties and visual sensory-motor (left / right and front table)
2- Imposed of the shooter to the repaired sets by the tool based on the 'entry angle from the small to the widest angle (Serge Galica) fig1 develop the Accuracy in the less time
3- The researcher set the advantage of our method as forgotten possibility in the method of SHARPE and SAMIKOP.

6. RECOMMENDATIONS

1. Integration the Environmental Method in deferent sports.
2. The three methods improves the address in free throws basketball Ball.
3. The SHARPE method is the most difficult of the three methods.
4. The method of calculation is the most appropriate method for training free throws

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