

## THE EFFECT OF A PROPOSED TRAINING COURSE TO DEVELOP SOME BASKETBALL SCORING TYPES IN AL ISKAN YOUTH CLUB

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### **Abstract**

Through continuous reviews of the researcher to previous championships, she noticed that there is a weakness and decrease in scoring performance level with its different types. This is clear through multiple failed attempts and few successful ones which showed the weakness of training and skill aspects of players for previous years and lack of concentration of trainers on scoring in training units. This asserts that there is no correct scientific methodology for skill preparation including scoring skill in order to raise their susceptibility in this skill reaching optimal performance in scoring points, winning matches and then getting top positions. The researcher set a goal for the study in order to define proposed training course to develop some types of scoring for the youth of Al Iskan basketball club and define the effect of the proposed training course to develop some scoring types of young players of Al Iskan basketball club. The researcher used the empirical method and selected the sample with the purposive way. After knowledge of the study conditions, pre-tests were conducted with direct supervision of the researcher. The application of training course (2) lasted for months. As for post-tests, the researcher conducted it with the same conditions of pre-tests and ten data were recorder for statistical processing. The study concluded that there is a development in some scoring types as a result of the effect of the used training course especially on the empirical group.

**Keywords:** Proposed Training, Basketball, Iskan, statistical processing

### 1. INTRODUCTION

Sport today is considered one of the features which express peoples' civilizations. The development in various sports emerged through the increased concern of academic researchers in the multiple sports and practical application in sport fields. Accordingly, the sport training science is based on scientific principles and basics that cannot be ignored or overlooked. Basketball is considered one of the sports that are practiced widely and occupies good positions. It became today extremely interesting and wonderful which made its practitioners desire to express their rhythmic performance. It is a wonderful mixture of multiple and various skills whether offensive or defensive to be joined to show an extremely wonderful sketch and then emerged in a more beautiful and distinct form in a team motor with technical expressions. These expressions show fans' admiration especially at scoring points with a highly accurate skill and speed by players. The scoring skill with its different types in basketball as one of the motor and offensive skills which is the basis of skilled performance in the game as all moves and skills end by scoring through the net of the opponent because this skill is the final outcome of the match result. Therefore, the significance of this match lies in developing Al Iskan basketball youth team and raising their levels to the maximum. The scoring skill occupies a great position among skills as it depends mainly on the match result. Thus, the researcher sought to prepare a proposed training course to develop the scoring skill of Al Iskan basketball youth team to raise performance level and enhance its results.

#### **Problem of the Study:**

Basketball is one of the important and common games. Through the researcher's review, it was found that there is a weakness in players' performance in previous years for Al Iskan basketball youth team. The purpose of this game is to score the biggest possible points in the net of opponents through the use of various types of scoring. Through continuous reviews of the researcher to previous championships, she noticed that there is a weakness and decrease in scoring performance level with its different types. This is clear through multiple failed attempts and few successful ones which showed the weakness of training and skill aspects of players for previous years and lack of concentration of trainers on scoring in training units. This asserts that there is no correct scientific methodology for skill preparation including scoring skill in order to raise their susceptibility in this skill reaching optimal performance in scoring points, winning matches and then getting top positions. Thus, the researcher sought to prepare a proposed training course to develop some scoring skills.

#### **Objectives of the Study:**

- 1) Define proposed training course to develop some types of scoring for the youth of Al Iskan basketball club.

- 2) Define the effect of the proposed training course to develop some scoring types of young players of Al Iskan basketball club.

## 2. HYPOTHESES OF THE STUDY:

- 1) There are statistically significant differences between pre and post-tests for the empirical group.
- 2) There are statistically significant differences between post-tests in empirical and control groups and for the sake of the empirical group.

## 3. METHODOLOGY:

The researcher used the empirical method as it is consistent with the nature of the study (the empirical method is characterized with its ability to control various factors that may affect the studied behavior) (148:2)

### Sample of the Study

The researcher selected the sample by the purposive way represented in young players of Al Iskan basketball club (16 players) among which the researcher selected 12 players as the sample (6 for the empirical group, 6 for the control group and the remaining 4 in the exploratory trial).

### The Used Scoring Tests

The researcher distributed a special form related to scoring tests and consistent with the study methodology and procedures. The form was examined by a group of experts who are specialists in the field of training and in basketball and then select tests that gained agreement percentage of 80% and more by experts and specialists.

- Scoring from stationary test (107:3).
- Normal scoring test (258:4).
- Free throw test (264:4).
- Test of scoring from jumping under the basket (108:3).

### Pre-Tests

Pre-tests for the sample of the study were conducted in Al Yarmouk Hall, Zayouna on Monday 03/11/2014 at eleven o'clock am.

### Training Course:

Through the researcher's review of available references, researches and the help of experienced trainers and professors, she managed to set the training course. The following are some details of the course:

- The training course term is 2 months
- Course term in weeks: 8 weeks
- Number of total training units: 40 units
- Time of a single training unit: 90 minutes

### Post-Tests

Post-tests were conducted after completing the training course on 30/12/2014. The researcher also conducted post-tests at the same conditions of pre-tests and two weeks before the opening of the basket youth championship for the year 2014 /2015.

### Analysis & Discussion of Results:

**Analysis & discussion of results of differences between pre and post-tests for the empirical group in some types of scoring:**

**Table No. (1) is concerned with arithmetic mean, Standard Deviation S.D, total values, total values<sup>2</sup>, T counted and tabulated values for pre and post- tests for the empirical group.**

Scoring Type	Measurement	Mean	S.D	Total V.	Total V <sup>2</sup> .	T Counted	T Tabulated	Significance Level
From Stationary	Pre-test	2.3	0.5	1.2	1.44	4.8	2.02	Significance
	Post-test	3.5	0.5					
Normal Scoring	Pre-test	5.3	1.1	1.9	3.61	4.2	2.02	Significance
	Post-test	7.2	0.7					

Free Throw	Pre-test	14	1.3	2.3	5.29	3.5	2.02	Significance
	Post-test	16.3	1.4					
scoring from jumping under the basket	Pre-test	12.7	0.8	2.6	6.76	3.9	2.02	Significance
	Post-test	15.3	1.6					

**Freedom degree is (5) and significance level is (0.05)**

Through results of statistically significant differences through pre and post-tests for the empirical group as in table (1) and in all variables of the study in some types of scoring, the researcher found that there are significant differences between pre and post-tests for some types of scoring due to effectiveness of the skill training course prepared by the researcher. The researcher noticed that scoring from stationary is preferred by players more than other types of scoring as it shortened distance collecting shooting and made it more likely to be successful than shooting from certain distances. The more the distance is, the more ball rotation will be (185:5). In addition, the researcher included the training course of scoring exercises performed in the presence or absence of opponents reaching performance of compound exercises and skills with similar conditions of the match's.

### Analysis & Discussion of Results of Differences between Control & Empirical Groups in Post Tests

**Table No. (2) shows types of scoring styles used in the study, post-measurement for the empirical and control groups, arithmetic means and Standard Deviations S.Ds.**

Serial	Scoring Type	Group	Measure	Mean	S.Ds	Total V	Total V <sup>2</sup>	T Counted	T Tabulated
	Scoring from Stationary	Empirical	Post-test	3.5	0.5	1.3	1.69	8.1	1.81
		Control	Post-test	2.2	0.4				
	Normal Scoring	Empirical	Post-test	7.2	0.7	0.9	0.81	3.2	1.81
		Control	Post-test	6.3	0.8				
	Free Throw	Empirical	Post-test	16.3	1.4	2.5	6.25	4.8	1.81
		Control	Post-test	13.8	1.2				
	scoring from jumping under the basket	Empirical	Post-test	15.3	1.6	2.5	6.25	5.2	1.81
		Control	Post-test	12.8	0.7				

**Tabulated T 1.81 with freedom degree 11=1-12 and significance level 0.05**

Table (1) shows the T counted value in scoring from stationary which is the highest value compared with other sports used in the study as a lot of sport events approve scientific principles that achieve goals whether from movement or stationary, so developing motor skills through training reach high scoring performance on a stationary basket in some events including developing player's performance in basketball (185:6).

### 1. CONCLUSIONS:

- 1) There is a development in some scoring types as a result of the effect of the used training course especially on the empirical group.
- 2) The development of the empirical group was better than in the control group at all skill variables of the study.
- 3) The training course affected the level of players and the evidence is getting the 4<sup>th</sup> place by Al Iskan Youth Club in the Basketball Youth Championship for the season 2014 – 2015.

### 2. RECOMMENDATIONS:

- 1) Asserting to training players on all different scoring skill types.
- 2) Giving sufficient time to train on the skill of scoring as it is important in obtaining points in basketball.
- 3) Asserting that players train on the triple-shot skill as it gives more points than others in scoring skills.
- 4) Conducting researches and studies to train players on offensive and defensive skills to raise their levels.

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