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DIAGNOSING OF BASIC AND SPECIFIC MOTORIC CAPABILITIES AT THE YOUTH OF THE BASKETBALL SCHOOL

Introduction

We are aware that well known worldwide authors have written and also given a lot in terms of the experimental research in diagnosing of problematics in movement information of the basic and specific character of the basketball game. It should be emphasized that first analysis of technical-tactical elements in the basketball game we face in the previous terms, respectively since 1891 in Massachusetts, known as Springfield College. Wissel (1994) in its project, he distinct seven main steps in achieving success in the basketball game which contains and comprehends: movement without the ball, movement with ball, shoot a basketball, pass a basketball etc. In our region we pick out the projects produced by the authors from the Kinesiology Institute in Zabreb, such as; Jukic, Milanovic, Matkovic, T. Dokman, Tirinic etc.

Purpose of the paperwork: Due to the existing fact, as I have been part of this kind of sport activity and that I'm a staff member of the Faculty of Sport Sciences, is what urged me to at least research the circumstances and conditions of the upcoming sportspersons. In this paperwork I have tried to summarize in few brief points, where you will be able to see in the following text:

- Verification of the quantitative characteristics above the level of the basic motoric capabilities of the respective age.
- Documenting the changes in the motoric capability between the respective basketball schools.
- Volume of the various effect in the curricula of both basketball schools in developing the motoric capabilities and the specific once.
- Documenting of the important relations between the basic motoric tests with the typical movements in the basketball game.

Methods

In this aspect there will be treated the youth population from 13-14 years old, where total number of them will be defined, out of 87 youngsters, belonging to two basketball schools.

- First group /G1/, approximately half of the population of this research was defined by the youngsters, attendees of the basketball school "**Prishtina probasket**", that have been regular attendees of the basketball school.
- Second Group /G2/ is consisted of the same number of youth and respective ages, that are a regular attendees of the basketball school "**Alba basket**"

First group of variables is consisted of motoric capability movement tests of the basic character, while the second group is consisted of typical specific variables of the basketball game.

Testing manner/Method – description of the measurement technique of the situational variable group related to the basketball game.

I. Motoric basic variables

1. Jump from place in length - JPL
2. High jump in length - HJL
3. 20 m run from starting point - R 20m
4. Throw of medicine ball - THMB
5. Agility Test. - AGIL Test

II Motoric situational Variables (specific)

1. Run with ball in 20 m distance. R 15B
2. Shot in basket for 30"sek. Going - coming Sh2STEP
3. Sustainable anaerobe with ball (kamikaze) - KAM
4. Shot in the basket from five positions - Sh5POS
5. Manipulation with ball around the body - BHANDEL

Processing method:

G 2 – Basketball School "ALBA BASKET"

Table 3 Statistical basic parameters of the basic motoric variables

	N	Min	Maks	Ma	SD	Skew	Kurt	Kv%
1.JPL	42	140	210	171.74	19.76	0.159	-0.991	11.5
2.HJL	42	15	48	31.19	7.44	0.175	-0.188	23.25
3.V20M	42	3.39	4.72	4.13	0.29	-0.068	0.030	7.02
4.HMED	42	4.9	8.9	6.93	1.07	-0.058	-0.831	15.44
5.AGIL	42	9.39	12.55	10.68	0.58	0.689	1.455	5.43

Table 4 Statistical basic parameters of the situational variables

	N	Min	Maks	Ma	SD	Skew	Kurt	Kv%
V15mT1	42	14.7	18.36	16.59	0.87	-0.182	-0.166	5.18
KAM1	42	31.86	41.26	36.10	2.49	0.341	-0.797	6.89
FGJ5PO1	42	2	8	5.00	1.59	-0.190	-0.828	31.8
HAP21	42	2	7	4.00	1.10	0.342	0.223	27.5
B.HANDE1	42	4	13	8.19	1.85	0.143	0.376	22.58

- In both groups of variable system will be calculated **basic statistic parameters** and distribution for each variable, as well as asymmetry measure and normal distribution.
- Cross **correlation** will be calculated through the variable system.
- To document the changes between the two groups there will be applied discriminative analysis of T –Test.

Results:G 1 – Basketball school "**PRISHTINA PROBASKET**"**Table 1** Statistical basic parameters of the basic motoric variables

	N	Min	Max	Ma	SD	Skew	Kurt	Kv%
1.JPL	45	142	250	179.84	28.42	0.857	0.211	15.80
2.HJL	45	20	52	33.98	7.68	0.206	-0.731	22.60
3.R20M	45	3.28	4.8	4.04	0.34	0.234	0.086	8.41
4.HMED	45	4.45	10.2	7.26	1.47	0.138	-0.760	16.11
5.AGIL	45	8.9	12.91	10.48	0.88	0.442	-0.030	8.39

Table 2 Statistical basic parameters of the situational variables

	N	Min	Max	Ma	SD	Skew	Kurt	Kv%
1.Ball 15m	45	13.67	19.10	15.20	1.11	1.038	1.917	7.3
2.Kamik	45	30.51	47.00	36.89	4.12	0.300	-0.758	11.14
3.Thr.5 pos	45	1	7	3.40	1.74	0.489	-0.588	51.17
4.2 step	45	1	7	4.33	1.60	-0.226	-0.525	36.95
5.B.handl	45	4	12	8.00	2.11	-0.076	-0.580	26.37

Cross Correlations between variables

Table 5

Gr. I

1		V15mT	KAM	GJ5PO	GJ2HAP	BHANDEL
	KVGJ	-0.479	-0.674	-0.073	0.338	0.246
2		0.001	0.000	0.632	0.023	0.104
	KVL	-0.557	-0.790	-0.032	0.470	0.464
3		0.000	0.000	0.836	0.001	0.001
	V20M	0.524	0.726	0.006	-0.313	-0.355
4		0.000	0.000	0.970	0.036	0.017
	HMED	-0.410	-0.652	-0.030	0.396	0.194
5		0.005	0.000	0.846	0.007	0.201
	AGIL	0.585	0.739	0.080	-0.430	-0.506
		0.000	0.000	0.601	0.003	0.000

** Validity in the level 0.01

* Validity in the level 0.05

Table 6

Cross relations between variables

Gr. II

		V15mT	KAM	GJ5PO	GJ2HAP	BHANDEL
1	KVGJ	-0.452	-0.244	0.342	-0.097	0.135
		0.003	0.119	0.027	0.540	0.395
2	KVL	-0.354	-0.251	0.342	-0.050	0.027
		0.021	0.109	0.027	0.751	0.863
3	V20M	0.395	0.253	-0.215	-0.038	-0.033
		0.010	0.106	0.171	0.813	0.836
4	HMED	-0.529	-0.237	0.340	0.141	0.058
		0.000	0.130	0.028	0.373	0.716
5	AGIL	0.737	0.364	-0.257	-0.111	-0.273
		0.000	0.018	0.101	0.484	0.080

** Validity in level 0.01

* Validity in level 0.05

Table 7:
Differences between average values – between two groups,
Groups:
G1 – Basketball school " PRISHTINA PROBASKET"
G2 - Basketball school "ALBA BASKET"

	Tests	Ma	N	D.st
G1	KVGJ	177.57	42	26.94
G2	KVGJ	171.74	42	19.76
G1	KVL	33.43	42	7.53
G2	KVL	31.19	42	7.44
G1	V20M	4.04	42	0.35
G2	V20M	4.13	42	0.29
G1	HMED	7.14	42	1.42
G2	HMED	6.93	42	1.07
G1	AGIL	10.53	42	0.89
G2	AGIL	10.68	42	0.58

Values of the T - test

		Difference			
	Pairs	Mean	t	df	Propab.
G1-G2	KVGJ - KVGJ	5.83	1.11	41	0.272
G1-G2	KVL - KVL	2.24	1.50	41	0.140
G1-G2	V20M - V20M	-0.09	-1.25	41	0.217
G1-G2	HMED - HMED	0.21	0.76	41	0.452
G1-G2	AGIL - AGIL	-0.15	-0.80	41	0.426

Discussion:

Paper work organized in the group of age 13-+6 months that in a systematic manner attending the basketball school in two different centers, in an experimental manner and sustainable arguments, is proving the importance of the systematic assessment, in order to solve the following problems such as; planning, programming, development as well as effective control of the training work.

In particular, important is the continual control of the motoric movement development level at the youth.

Based on the gained results, we can conclude that in basic motoric parameters there is no existence of highlighted changes between two groups G1 and G2, more due to the affect of the systematic training rather than the changes as regards to the school belonging.

In a clear manner were ascertained the changes and difference between the groups in the situational typical movement capabilities of the basketball game.

Also while comparing the gained values of the students in this paper work, with the same age of the normal population; we can notice much more development of the movement capabilities.

Therefore we can conclude that the accomplishment level of the specific motoric duties are not yet at the required level, in the other side even these motoric duties for this age and small experience of some subjects are presenting difficult and complicated duties for successful realization.

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In general the problematic of diagnosing basic and specific motor movement information of the basketball game is found in the works of a considerable number of world authors. In this work a youth population of an age group between 13-14 years old will be treated. The total number of participants is defined to an amount of 100 of young basketball players, members of two different basketball academies.

In this experiment, the subjects will conduct tests in 5 basic motor skills variables such as: 1. Steady

Jump in length, 2 steady jump in height 3.20 meters run from a steady start, 4. Medicine Ball Throw and 5. Agility Test. While from specific motor movement skills are included: 1.20 Meters run with ball, 2. Basketball shooting for 30 seconds round-trip, 3. Anaerobic durability with and without ball (kamikaze) 4. Intensive Basketball shots-Change of direction and 5. Basketball shots from five positions. Subject to the number of subjects that will be treated in this study, their age and the amount of variables tested, the main objectives of this study, will be limited to achieving the goals.

On the basis of test results, it can be concluded that there are no significant differences in the basic motor parameters between the two groups G1 and G2, mostly due to systematic practice effects rather than academy belonging itself. In the other hand, differences between the two groups in the specific basketball motor skills can be clearly identified, in typical basketball movement situations. In addition, comparing the test results of the individuals tested for the purpose of this diagnosis, a much more advanced level of motor skills compared to the normal population of the same group age that don't engage in basketball activities can be identified.

This experimental study carried out in the youth in the age group of 13(+ 6 months) years old that continuously in a systematic manner attend basketball academies in two different basketball schools, with sustainable arguments can show the importance of systematic valuation in order to solve many arising problems such as: planning, programming, developing and controlling the effects of training work. Specifically, it is of utmost importance to continuously monitor the development of motor skills in the youth.