ASPECTS REGARDING THE SPECIFIC PHYSICAL FOR STUDENTS REGISTERED TO THE BASKETBALL CLASES OF THE UNIVERSITY BUCHAREST

Aspecte privind pregătirea fizică specifică la studenții înscriși la cursurile de baschet din Universitatea din București

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Abstract

Optimize the training process of basketball beginners introducing preliminary training games, and show how is possible to enhance the effort capacity at the beginners basketball players. Analysis of basic issues in the selection of basketball at the stage of initiation is done poorly. Findings reported at the model level basketball training novice drivers will facilitate specific training plans for 17-24 years of age.

Key words: training, beginner players, games, physical training, preliminary games basketball game tactical training.

Objectives

Analysis of basic issues in the selection of basketball at the stage of initiation is done poorly. Findings reported at the model level basketball training novice drivers will facilitate specific training plans for 17-24 years of age.

Methods

Methods of measurement and evaluation, statistical-mathematical data processing and data interpretation.

Results

Due to the various forms that it presents itself, physical training should be systematized by widening the sphere of the coverage and the priority method is used, as such : general physical training and physical training specific.

As you progress through specific training weight training increases. Specific motility control samples, applied sample of 100 subjects investigated were the number 7 and the results were statistically processed and arithmetic values were compared with the specialized model. (Table no.1).

Samples		X (F I)	+ m	$\frac{100001 (M \times 100)}{X (M \times 1)}$
Samples		A (L.I.)	± 111	Λ (₩1.5.)
Dribbling (sec.)		6,14	0,05	5,5
Pass to the wall (nr.repet./15 sec)		11,75	0,17	12
Jump shot.nr.pct./30sec.)		6,88	0,50	10
	Time	53,72	0,59	51
Lay up	Scoring points	8,29	0,17	9
	Indice de efic.	1,54	0,03	1,76
Free throw (pct.)		4,88	0,27	5
Added step (sec.)		25,7	0,41	23
All court running (sec.)		37,55	0,36	36,5

Dribbling is the most spectacular element of the game of basketball, while asking the person who executed it perfect control of the ball. The impression of ease of players who have a good dribble is actually the result of their long practice in which they form a sufficient variety of executions. This variety of execution of dribbling it gives a high value of their game, they become very dangerous when they have the ball.

Thus, to test this we used a technical indicator to dribble through cones challenge, where the average sample has a value of 6.14 seconds, with an average error of 0.05 sec., and the average model is targeted at 5,5 seconds.

Comparing the average values of both observed that, during execution to dribbling in the sample studied is higher with 0.64 seconds. Dribbling is the technical element that allows the player to move in all directions and at any rate regime and should therefore be the most important part of early stages of learning the game of basketball. *Dribbling (sec) (Table 1, Fig. 1)*.



Fig.1. Motricity specific model results compared with literature. Dribbling.

Comparison of mean value of 11.75 sample investigated model replicates the average of 12.0 repetitions specialized work, we observe a smaller difference of 0.25 from the model replicates.

Analyzing the results of the sample investigated statistical calculations see an average error of 0.17 repetitions. *Pass to the wall. (no. repetitions in 15 sec) (Table 1, Fig. 2).*



Fig. 2. Pass to the wall

The jump shot represents a very important technique in the game of basketball, so that may be considered a good indicator of technical progress at basketball beginners. The model for the jump shot at basketball beginners groups should be 10 points scored in 30 sec.

Outcomes of the experiment the groups subject to acknowledgment to reach the 6.88 points scored with an average error of 0.50 point difference of 3.12 points for the specialty model we suggest that this indicator should be developed through various means achieving specific results by age 12-14 years. *The Jump shot (the number of sections in 30 sec.) (Table 1, Fig. 3).*



Fig. 3. Jump shot

- execution time (sec.) - investigated sample shows an average value of 53.72 seconds and the average expert model is 51.0 seconds. Comparing the average values of both observed that, during the execution of the sample studied is higher 2.72 seconds.

Analyzing the results of the sample investigated statistic indices show an average error of 0.59 sec.

- points scored (section) - reporting the average value of 8.29 points investigated sample, the average model in the specialized works of 9 points, a difference of less than 0.71 points from the model.

Analyzing the results of the sample investigated statistical calculations see an average error of 0.17 points.

- index of efficacy - the sample average of 1.54 is investigated, unlike the specialized media model is 1.76. There is a difference of 0.22 index for specific model.

From the results of statistical calculations investigated sample shows a mean error of 0.03. *Shooting from the dribble (Table 1, Fig. 4).*



Fig. 4. Lay up

When testing this indicator has investigated a sample average value of 4.88 points with an error of 0.27 points and the average model is 5-point specialist. Comparing the average values of the two note that the sample of free throws the score is lower by 0.12 points investigated.

Free throws are the easiest way to make, and during a basketball game can be very important to succeed in their advantage. Everything depends on the ability to concentrate and training of the player in adding a point in favor of his team. The performance of our experiment shows that under the quota contributors to this difference sample front is very specialized model magnitude, why have not insisted on this particular indicator preparing juniors. *Free throws (pct) (Table 1, Fig. 5)*.



Fig. 5. Free Throws

Particularly important challenge in the technique of the player without the basketball ball-by-step movement is also included in the experiment to highlight the value of experimental groups compared with the model professional. Investigated sample average value is 25.7 seconds with an error of 0.41 sec and the average model in the specialized work of 23 seconds. We observe a difference of more than 2.7 seconds of the model.

This difference makes us believe that great need for action of the basketball practice of beginners especially towards the perfecting elements without the ball technique to obtain results close to professional models. *Go with the added step (sec) (Table 1, Fig. 6).*



Fig. 6. Added step

Investigated sample has an average of 37.55 seconds, with an average error of 0.36 sec., unlike the specialized media model is 36.5 seconds. There is a difference of 1.05 seconds running time for specialized model. *Movement on all the court (seconds) (Table 1, Fig. 7).*



Conclusions

1. Studying the evidence of specific motricity results can be seen, as in general physical training that the values obtained are below the model.

2. Insufficient development of general physical preparation adversely affects the motricity of the results of specific tests.

3. One can say that without proper training or general fitness training results will not have a technical optimum level.

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