

The effect of playing exercises in accordance with the intense small groups on the field in developing offensive skills for basketball juniors

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Abstract

The importance of research in developing effective, interesting and targeted exercises suitable for age groups, especially juniors, works to raise the level of offensive skills, in addition to that we will build a basic base in the formations of advanced teams from Iraqi teams that help advance the basketball in our country.

The main objectives of the research were:

1- Prepare the practices of playing according to the intense small groups on the field in the development of the offensive skills of the basketball to juniors.

Most important conclusions: - *Training in the small, intense groups on the field has been successful in developing the offensive skills of the basketball to juniors.*

The most important recommendations: - *adopting the practice of playing according to the small groups intensive inside the stadium as it has achieved success in the development of the offensive skills of the basketball to juniors.*

Keywords: *exercises, intense, offensive*

1- Introducing the research:

1.1 Introduction and the importance of research:

Developed countries compete with each other to achieve a decent and human-friendly life by paying attention to increasing production and creativity in various fields, including economic, social, educational, teaching and athletic. On the sporting side, developed countries are athletically superior and have the advanced achievements of various sports (individual and team).

Basketball is one of the team sports that has become a popular demand because of its wonderful combination of performance and thrill in the game, especially when making achievements and winning the game. Therefore, building the basic base of this game requires attention to sports training and the selection of appropriate and targeted exercises, especially for the junior group, because it is the basic rule in building advanced teams and higher levels.

The basketball game also needs to build a high level of skilled performance both in attack and defense, if those requirements are properly built and from the beginning of the basketball player's start certainly the high sporting achievements will be achieved. The importance of research in developing effective, interesting and targeted exercises suitable for age groups, especially juniors, works to raise the level of offensive skills, in addition to that we will build a basic base in the formations of advanced teams from Iraqi teams that help advance the basketball in our country.

1.2 Research problem:

The rules of sports training require reaching the individual athlete to the highest level in the practiced sport, including the basketball game, and this is only done by paying attention to the performance requirements,

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especially upgrading the skill of performance for the junior category and continuing with it requires us to develop special and appropriate exercises that bring pleasure to the trainee and work to build that required skill side. Through the modest experience of the two researchers in the basketball game and their knowledge of the training of juniors in some clubs in Basra Governorate and their contact with a number of coaches, they noticed that the training for these groups has fluctuation in offensive skill performance, due to the training used and the exercises chosen, so the researchers decided to study this problem and work on The development of appropriate exercises similar to the atmosphere of play works to raise the offensive skill performance from increasing the desire for performance, which works to raise the level of skill performance without the knowledge of the emerging player.

1-3 Research aims:

1. Prepare the practices according to the small and intense groups on the field in the development of the offensive skills of the basketball to juniors.
2. Identify the results of the differences between pre and post tests of the two groups that are responsible for developing the offensive skills of the basketball to juniors.
3. Identify the results of the differences in the post tests between the control and experimental groups in the development of the offensive skills of the basketball to juniors.

1.4 Research assignments:

- 1- There are moral differences between pre and post tests of the control and experimental groups and for the benefit of the experimental group in the development of offensive skills of the basketball to juniors.
- 2- There are moral differences in the post-tests between the control and experimental groups and for the benefit of the experimental group in the development of offensive skills of the basketball to juniors.

1.5 Research Fields:

1-5.1 **Human Field:** Al Mina Sports Club Basketball for Juniors Season (2019-2020)

1.5.2 **Place field:** The Closed Hall of the Iraqi National Olympic Committee Basra Branch

1.5.3 **Time field:** from 6 January 2019 to 13 March 2019

2- Theoretical studies:

2-1 Junior Training: (4: 313)

That the differences in the bases and rules of training are achieved as a result of the content of the training duties, before entering into the explanation of the content of the training of juniors, it is necessary to refer to some opinions that define the stages of sports growth to three stages:

1. The first stage of sports training (9-5 years)
2. The stage of building training and specialization (18-10 years)
3. Stage of the higher levels training (19 - above).
4. There is a need to know that these stages are not seen as separate independent stages in themselves, but they overlap among themselves in a streamlined way so that each stage affects the other stage and affected by it. Each of these stages is also characterized by a clear goal, and is determined by the type of sports activity practiced by the athlete.

The goal of training juniors (training of preliminary stage) is Balanced comprehensive preparation for children as a prelude to stage the building of training and full specialization. And their exercise of effectiveness or the specific game, so this stage is essential to the stage of specialization. Sometimes it involves training young beginners and advanced, and starts as much as possible from the early stages of life. The junior training stage is also considered as a stand-alone construction phase, during which the training of beginners and advanced that contains the training curriculum overlaps. it found during the training of beginners what emphasizes primarily to build a large and stable base of physical qualities and abilities sports through the use of general and private exercises and different means of training, while the advanced emphasize the control of the special game.

Research methodology and field procedures:

3.1 Research methodology:

The researchers used the experimental method with equal groups (control and experimental) to suit in solving the research problem and achieving its goals.

3.2 The research community and its sample:

The research community was identified in the deliberate way of the young players in al-Mina Sports Club for the season (2019-2020) they were (20 players) and the sample of the research was selected in the deliberate way represented by the basic line-up of the 12 players of al-Mina Sports Club and they make up a percentage

(60%) From the original community, the sample was randomly divided (lottery) into two controlled and experimental groups so that each group had (6) players, each sample within the group homogenized by using the difference coefficient and equivalence of the two groups using the test (T) of the samples not correlated with the research variables under study as in Table (1).

Table (1)
Shows the homogeneity of the sample within each group and the equivalence of the two groups with the research variables

Search variables	Unit of measurement	The command group			Experimental Group			Calculated value	Level of significance
		Q	P	Different coefficient	Q	P	Different coefficient		
Length	Cm	171.1	3.12	1.823	171.4	3.31	1.931	0.147	It's not moral.
Weight	Kg	45.32	2.33	5.141	45.74	2.47	5.4	0.276	It's not moral.
Scoring ladder	Score	5.44	0.47	8.639	5.64	0.22	3.9	0.869	It's not moral.
Forward scoring by jumping	Degree	18.12	1.74	9.602	18.96	2.74	14.451	0.578	It's not moral.
Plumping by direction change..	Sec.	10.47	1.13	10.79	10.46	1.27	12.141	0.013	It's not moral.
Chest handling	Score	16.74	2.74	16.36	16.73	3.65	2.18	0.005	It's not moral.

Table value (t) at 10 degrees of freedom and probability of error (0.05) = 1.812

3.3 Information collection methods:

3.3.1 Data collection methods:

- Arab and foreign sources and references.
- Tests used.

3.3.2 Devices and tools used:

- A stopwatch.
- Measuring tape (3 meters).
- Whistle.
- Legal stadium.
- A device to measure weight and height.
- Basket balls.

3.4 Research field procedures:

3.4.1 Identification of research variables:

The researcher adopted the sources and previous studies to determine the variables of the research skills which he considers suitable and useful for studying according to the age of the sample: -

1. Scoring ladder
2. Forward scoring by jumping
3. Plumping by direction change.
4. Chest handling

3-4-2 Tests used: (3:224)

3.4.2.1 scoring ladder test.

- Test name: Scoring test from the laddering movement after performing the plump
- **The goal of the test:** The test aims to assess the level of accuracy of the scoring after the performance of the plump and triple skills this test is a test of kinetic compatibility and skills by using of the arms and legs.
- Devices and tools used: a ball and a basket goal.
- The method of testing: The player does the plump from the middle of the court towards the goal to perform the triple then scoring ladder from down.
- Test conditions:
 - It is required to do the plump and the triple legally
 - The ball that enters the goal after committing a legal line of the plump or the triple is not counted.

- scoring up:
- Each successful scoring attempt is counted by one point.
- The highest points the player gets are (10) points.

3-4-2-2 forward scoring by jumping.

- **The purpose of the test:** to measure the skill of the player to aim towards the basket from a specific place for the goal of the basketball.

- Tools: ball, a basket goal.

- **Performance specifications:** The player directly shoots the ball from the specified place just outside the free throw area, this is from an area located at the intersection of the free throw line with the circle Which is a specific point to the left of the basket, and this point must be defined by a marker that is drawn on the ground the player could do the shoot by one or both hands with any method of shooting, noting that shooting must be directly to the basket without touch the board of the goal. the player has 15 attempt in 3 groups (5 shoots for each group) noting the player leave shooting place after every group and moving circly to give a chance to another player to perform his first group and so on. the player can do some shoots as experiment before performance

- Conditions:

- 1.The shooting must be made from the specified location.
- 2- The player has 15 throws.

- Scoring:

- 1- Two degrees are calculated for each successful shot (attempt) in which the ball enters the basket.
 - 2- One score is calculated for each shot (attempt) in which the ball touches the ring and does not enter the basket.
 - 3- No Score is calculated when the ball touches the board and does not enter the basket.
- The total number of scores are calculated to The player in fifteen attempts. which means The maximum scores on the test is thirty.

3-4-2-3 plump test by changing direction.

dodging with ball (the plump by change the direction).

- **The goal of the test:** the test aims to test the speed of the plump between a group of characters.

- **Devices and tools:** (6) poles, stopwatch, ball, the poles are arranged as shown in the drawing noting a start line and a finish line. The starting line is (5 -1.5) feet away from the first pole, while the distance between the remaining poles is (8 - 2.80) feet

Performance conditions: The player stands with the ball behind the starting line and when the starting signal is given he plumping the ball with the run around the poles and continues according to the shape until he is crossing the starting line with the ball.

- The test is performed as quickly as possible.
- The ball is plumped with any hand and in a legal manner.
- Place the poles on one line and perpendicular to the starting line.
- The ball must bounce at least once in each inter-distance (between each poles).
- The stopwatch starts the moment the start signal is given, and the moment the player is crossed with the starting line ball after returning.

- Calculating grades:

- Each player is given two consecutive tries.
- Score the player the best try for the nearest 1/10 seconds.

3.4.2.4 chest handling test.

- The purpose of the test: to measure the accuracy of the chest handling test towards the goal.

- **Devices and tools:** Smooth wall depicting three overlapping circles with one center half diameters from the inside 18 inches (45 cm), 38 inches (98 cm), 58 inches (150 cm) noting the thickness of the lines one inch.

- **Performance description:** The player stands with the ball behind the throw line drawn on the ground and at the starting signal the player handles with both hands on the three circles trying to hit the target, and the test must be done with both hands (chest handling), the player has the right to take a step when performing the handling that does not exceed the line, the player should perform ten handles.

- Calculating:

- The attempt that affects the small circle is calculated by three points.
- The attempt that affects the middle circle is calculated by two points.
- The attempt that strikes the large circle is calculated by one point.
- If the ball hits one of the three circle lines, the player gets the grades for the circle that hit the ball, the line that represents its boundaries, the lines within the circle gauges.
- The maximum score that can be obtained is 30 degrees.

3.4.3 Exploratory experiment:

The researchers conducted the exploratory experiment on 6 January 2019 on some of the original research sample (Almina basketball junior players) and applied the exercises used by him for the purpose of rationing the training load and knowing the severity, size and comfort appropriate, for the following purposes.

1. Ration the exercises used and find the right training load in terms of intensity, size and comfort.
2. Know the suitability, difficulty and degree of suitability of the young players.
3. Know the time needed in applying exercises.

3.4 Field experience:

3-4-1 Pre-Tests: Tests were conducted on 11 January 2019

3.4.2 Exercises used:

After preparing the exercises according to the way of playing intensively. All experimental research sample were divided into small groups that lead to skills and competition among them, they were programmed in the main section of the trainer units during the special preparation period and according to the following detail:

- Special preparation period.
- Strength ranged: 80-90%
- Rest/pulse return from 110-120 z/d
- Number of units: three units per week 24 training units
- Training application period: 12 January 2019 to 12 March 2019

3.5.3 post- tests: conducted on 13 March 2019

3.6 Statistical means:

The SPSS system (17) was used to process the results statistically using:

Arithmetic mean, standard deviation, coefficient of variation, percentage, T-test for correlated samples, T-test for non-correlated samples.

4-Presenting, analysing and discussing the results

Table (2)

Shows the arithmetic mean and calculated and tabulated (T) values for the pre and post offensive skills of the control group.

Tests	Unit of measurement	Arithmetic means		Standard error	T Calculated value	Level of significance
		pre	post			
Scoring ladder	Score	5.44	6.985	0.553	2.793	Moral
Forward scoring by jumping	Degree	18.12	21.42	0.741	4.453	Moral
Plumping by direction change..	Sec	10.47	9.471	0.277	3.606	Moral
Chest handling	Score	16.74	18.647	0.574	3.322	Moral

tabulated (T) values at freedom degree (5) and probability of error (0.05) =2.015

Table (3)

Shows the arithmetic mean and calculated and tabulated (T) values for the pre and post offensive skills of the experimental group

Tests	Unit of measurement	Arithmetic means		Standard error	Calculated value	Level of significance
		pre	post			
Scoring ladder	Score	5.64	8.247	0.58	4.494	Moral
Forward scoring by jumping	Degree	18.96	22.65	0.722	5.11	Moral
Plumping by direction change..	Sec.	10.46	8.754	0.398	4.286	Moral
Chest handling	Score	16.73	20.965	1.44	2.94	Moral

• Table (T) value at freedom degree (5) and probability of error (0.05) = 2.015

Table (4)

Shows the arithmetic mean and calculated and tabulated (T) values for the post-tests of offensive skills between the control and experimental groups.

Tests	Unit of measurement	The command group		Experimental Group		Calculated value	Level of significance
		Q post	P	Q post	P		
Scoring ladder	Score	6.985	0.354	8.247	0.475	4.78	Moral
Forward scoring by jumping	Degree	21.42	0.247	22.65	0.274	7.5	Moral
Plumping by direction change..	Sec.	9.471	0.235	8.754	0.214	6.519	Moral
Chest handling	Score	18.647	0.368	20.965	0.371	9.948	Moral

• Table (T) value at freedom degree (10) and error probability (0.05), which is = 1.812

By observing tables (2) and (3) we found that there are moral differences and evolution of the control and experimental groups in the offensive skill tests either table 4, showing us that the experimental group is better than the control.

The reason for the development of the control group is that the training and continuation of sports training helps to develop physical and skill performance at the same time, in addition to the quality of the exercises used was successful in the development of the skilled side and, as Adil Naji Hassan Al-Saadoun (2010) quotes Muhannad Abdul Sattar (2001) "The training programs codified and organized according to scientific foundations work to develop the physical and skilllevel of the players" (2:104).

As for the experimental group came its development because the intensity of the exercises used and the diversity in it, as the building of exercises needs sufficient information in need within the field and during the competition if the player trains it will help him to progress within the game without the appearance of fatigue and as now in the experimental group. This is what you see Sunsa Ali Mahmoud (2002) quoting Wajih Mahjoub (1989) "Movements that the player must perform in all situations and which are similar to the state of play and which is required by the game and to reach the best results with the economy in the economy in Voltage" (1:15) As the way the game is played and with a lot of players on the field it will help the player to think about what he is doing and how the required skill performance performs and this is the goal of the exercise in this way "The important principle in the basic skills is to know what to do with the ball when we have it" (5:14).

Conclusions and recommendations

5.1 Conclusions

1- Training in the small, intense groups on the field has achieved success in developing the offensive skills of the basketball builder.

2- Competition exercises are important and essential for young people because they give competition, the desire to practice and the longing for performance.

5.2 Recommendations

1- Playing exercises according to the small, intense groups inside the stadium achieved their success in developing the offensive skills of the basketball youngster.

2- Competition exercises are important and essential for young people because they give competition and the desire to practice and long for performance.

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Appendix (1)
A model of the used exercise

Week: First
Training unit (1)

Intensity: 80%
Total exercise time: 33-35 minutes

Section	Time One minute	Exercise	Size	Comfort	
				Between repetitions	Between totals
President	8.23	1- make (3) groups and each group of (2) players compete between them separately with his group play plump and scoring on the baskets.	3D×2	Pulse Return (120-130) Z/D (2-3) minutes	Pulse Return (110-120) Z/D (3-4) minutes
	9.45	2- make (2) a group, each group of (3) players is competing among them the plump and cut the ball and whoever cuts it is the one who takes the plump inside the field.	4D×2		
	8.27	3- The players (6) each player has a ball, does plump and scoring the other players do the same with trying to cut the ball.	3D×2		
	5.23	4- two teams consist of 3 players Play inside half of the stadium	2×2		