

The Study Of Arm Strength, Flexibility And Shooting Accuracy Of Basketball Players Of District Level School Students

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Abstract

Basketball is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball through the defender's hoop while preventing the opposing team from shooting through their own hoop.

Introduction

Basketball, game played between two teams of five players each on a rectangular court, usually indoors. Each team tries to score by tossing the ball through the opponent's goal, an elevated horizontal hoop and net called a basket.

For that first game of basketball in 1891, Naismith used as goals two half-bushel peach baskets, which gave the sport its name. The students were enthusiastic. After much running and shooting, William R. Chase made a midcourt shot—the only score in that historic contest. Word spread about the newly invented game, and numerous associations wrote Naismith for a copy of the rules, which were published in the January 15, 1892, issue of the Triangle, the YMCA Training School's campus paper.

Basketball teaches you about being a good team player and can be a great social sport. Adults should check with their doctor before taking up basketball. Basketball puts a lot of stress on the body and injuries can happen, so warming up, stretching your muscles and joints, and cooling down is important.

Basketball is an incredibly athletic game requiring technique, skills, strength, stamina, and mental abilities. Through a myriad of fun activities and good safety practices, there are many ways to teach the game of basketball and improve student skills in the game.

Basketball skills can be broken down into two primary categories:

- Offensive skills: shooting, rebounding, passing, and dribbling
- Defensive skills: blocking, stealing, and again, rebounding

Skills: Offense

Shooting

Shooting consists of launching the ball toward the basket in an arcing motion with the purpose of it going in and scoring points. When shooting, keep your eyes on the target, place the ball on your fingertips (not the palm), place your feet shoulder width apart, place your elbow under the ball, and then follow through and hold the finish.

Offensive Rebounding: An offensive rebound is obtained when the team that just shot the ball misses and then recaptures the ball again. As a general rule it is tougher for a player to get an offensive rebound than a defensive rebound because after a shot misses the opposing team's players are closer to the basket and in a better position to grab the ball.

Passing: A pass happens when one player throws the ball to another player with the purpose of setting up a play or taking a shot. In basketball there are two main types of passing. The first type happens when one player throws another player the ball and the receiving player then scores a basket. The player who threw the ball gets credit for an assist.

The second type of pass is just a basic pass from one player to another. There are bounce passes that hit the floor one time, chest passes that are thrown from the player's upper body, and the spectacular alley-oop pass where one player lobbs the ball above the rim and a second player grabs it out of midair and slam dunks.

Dribbling: Dribbling is the art of bouncing the ball up and down off the floor with one hand, in order to advance the ball up the court. It is illegal to touch the ball with both hands simultaneously, a.k.a double dribbling. While dribbling, a player should protect the ball to prevent the defender from stealing it. Tips for dribbling include: not looking at the ball, pounding the ball hard, and using the free arm as a shield.

Skills: Defense

Blocking

The block is another spectacular crowd favorite. It occurs when the offensive player shoots and the

defender swats the ball away, blocking its trajectory to the basket and preventing any points from being scored.

Stealing

The steal, or taking the ball away from an opposing player to gain possession for your own team, requires quick hands and great timing. A player can steal a pass out of midair or from the other team while someone is dribbling.

Defensive Rebounding

A defensive rebound is obtained when one team misses a shot and the opposing team grabs the ball. An important skill needed to collect defensive rebounds is known as boxing out, a technique by which players use their bodies to shield the opposing team from grabbing the ball.

Flexibility

Flexibility ensures that you maintain optimal mobility of all your joints. This increases the balance between muscles that will ensure efficient movement and force production. Also, certain muscular restrictions make it hard to maintain body positions that are essential to your performance.

Arm Strength

Effective basketball players work extremely hard to develop the type of muscle strength needed to build up the endurance and stamina needed to successfully compete at a high level. A weak body means that you will likely be a weak basketball player. Muscular strength is important because it will improve your performance on the basketball court.

Review of Literature

Fisher (1960), conducted a research on the effect on the effect of backboard and rim alteration on basketball shooting accuracy. Eight high school subjects were placed in four matched groups based on the 80 attempted shot pre test score. Each group was assigned to one of the 4 practice combinations developed by combining 2 rim sizes with and without backyard. After 15 days of practice an 80 shot post-test was administered on a regular basket. Analysis of variance revealed the performance of the players with any of any of the practice conditions being superior to the other.

Methodology

The Basketball sport can be improved by following techniques

Pull-ups

An effective jumpshot creates full extension through the lats, back, shoulders, and wrist. A pullup, done properly, mimics such movement, and builds essential all-around back strength.

How to do it: Hanging from a bar with either an overhand or reverse (underhand) grip, pull your shoulder blades back and down to lift your body up. Finish by pulling with your arms. The key is to return to the fully extended position after each rep—otherwise, you're not reaching full extension, the movement you want on your jumpshot.

Fingertip push-ups

Whether you're shooting, passing, or giving someone a Dikembe Mutombo finger wag after blocking a shot, your fingers play a crucial role. And they take a serious beating during basketball games.

Fingertip push-ups will toughen your digits and boost strength in your upper body and core, helping to improve your game.

How to do it:

- Assume a push-up position (wide- or narrow-grip).
- Support your body weight with your fingertips instead of your palms.
- Keep your head, neck, hips, and torso straight, and your back and shoulders stable as you descend.
- Push up and repeat.

Collection of Data

The data was collected from 40 district level under 17 age group basketball players of schools of Akola district.

The present study was a study of shooting accuracy, Arm strength and flexibility of Basketball players of district level school students. For this study the test items were Basketball through for accuracy, sit and reach for flexibility and pull-ups for arm strength.

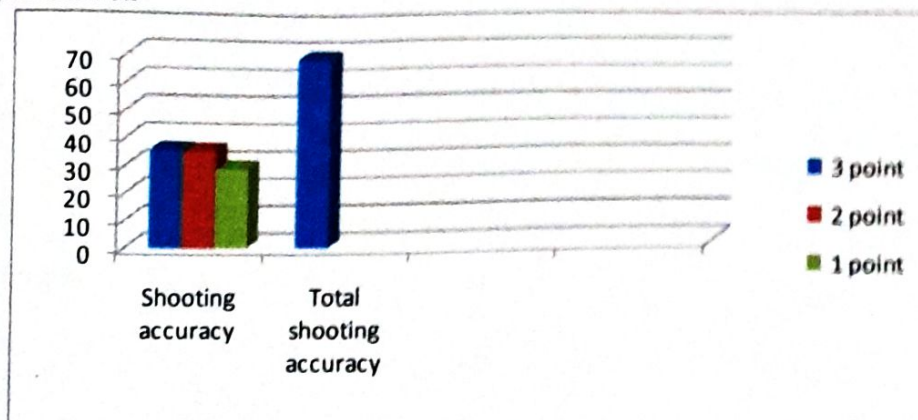
For this study 40 district level under 17 age group basketball players of school of Akola district were selected randomly.

Analysis

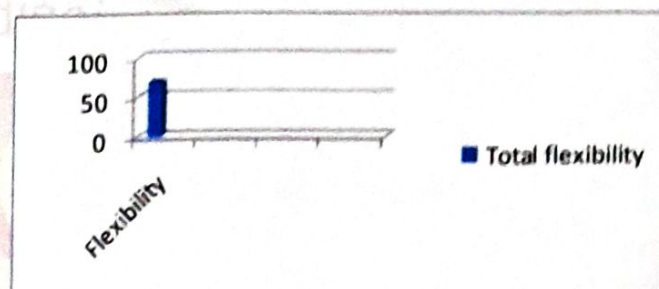
The Shooting Accuracy of Basketball Players of district Level school students

| Subject | 3 points (Total%) | 2 points (Total%) | 1 points (Total%) | Total % of Shooting Accuracy |
|--|-------------------|-------------------|-------------------|------------------------------|
| 40 Basketball players of dist. Level school students | 355.75% | 35.25% | 29% | 68.66% |

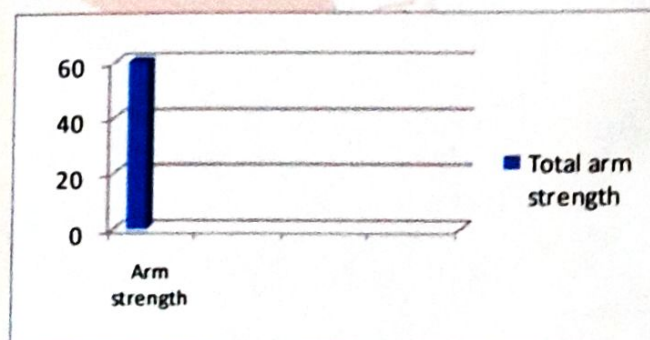
Graphical representation



| Subject | Total % of Flexibility |
|--|------------------------|
| 40 Basketball players of dist. Level school students | 68.58% |



| Subject | Total % of Arm strength |
|--|-------------------------|
| 40 Basketball players of dist. Level school students | 60% |



Conclusion

On the basis of the finding of this study following conclusions were drawn :

The school students of Akola district who have participated in basketball at district level are having high shooting accuracy, low arms strength and excellent flexibility level.

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