



Kick Out Ball Return effectiveness on improving the Accuracy of Jump and Set Shot skill for youth basketball players

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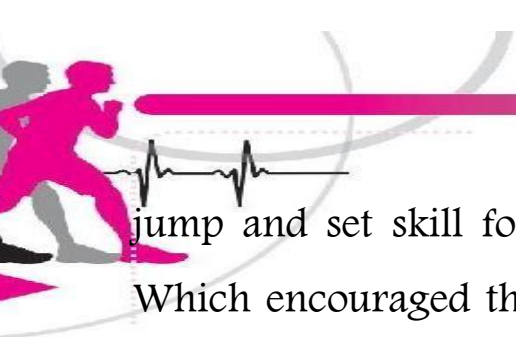
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Abstract :

Background :Shooting may be the most important skill to have without hitting shot you're not likely to win any game. Properly holding, aiming and throwing the ball quickly, all while avoiding the defensive pressure can be a difficult thing to master.

Objective:

Mastering basketball game is a never-ending process. There are many skills that will factor into how good your game is. While most of these main skills are considered fundamental in a good basketball game and the player should master these skill, and through researchers' field observation, it appeared that there is a weakness in the accuracy aspect of

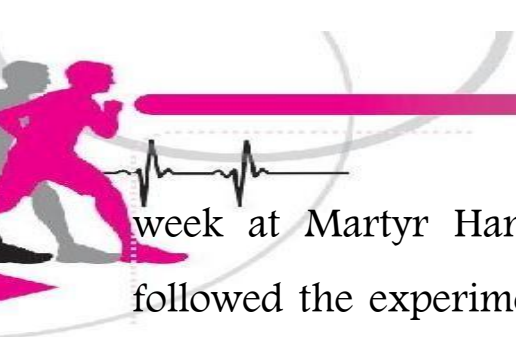


jump and set skill for youth basketball players \ Al-Hilla sport club .

Which encouraged the researcher to discussed this problem and try to solve it by set up aid device that helps to return the ball to the player quickly without wasting time to get many repetitions of shots that increase the probability of the accuracy of hitting shot to win the game.

Method:

The study aimed to set up an aid device (Kick Out Ball Return) to improve the accuracy of jump and set shoot (free throw) for basketball players and to identifying its effect. The study hypothesis that the aid has a positive effect on increasing the accuracy of jump and set shoot (free throw) for basketball players . The research sample represented by youth basketball players of AL- Hillah Sports Club ,their total number (12) players, and they were divided into two equal groups, Control group which followed the curriculum prepared by the coach and the experimental group which followed the curriculum prepared by the coach and the proposed aid device for improving the accuracy of set and jump shot (free throw) . Many aid devices and tools (Arabic references, Internet, observation and experimentation, Basketball court and (2 Molten) Basketballs) were used as well as reliable and objective tests that had been used many times, in measuring shot skill, which had previously been followed on samples similar to the current research sample , the curriculum prepared by the coach was adopted and the proposed method used within the application side of the training unit. The training curriculum started from 2/8/2019 to 7/9/2019, (4) training units per

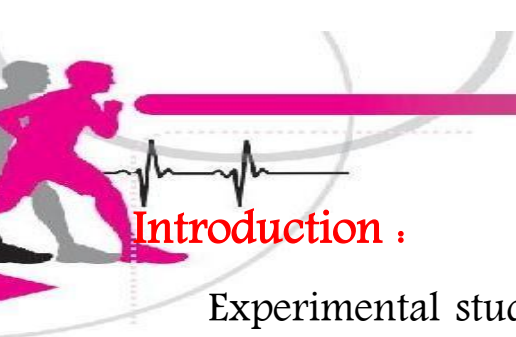


week at Martyr Hamza Nuri Sport Hall\ Babylon .The researchers followed the experimental approach in the design the two equal groups for its suitability to the research type .

Results:

After completing the experiment, the researchers used appropriate statistical means(Arithmetic mean, Standard deviation, Independent Samples T test, Paired sample t-test And Percentage Increase) to extract the results and then recorded them in tables. Conclusions: The method has a positive effect in increasing the accuracy of jump and set jump for basketball youth players. And there is a noticeable development rate.

KEYWORDS : basketball , jump and set shot , accuracy



Introduction :

Experimental studies have a great role in developing the scientific and practical aspects, contributing to that with the improvement of the applied field of society. Sports activities are also taken as an aspect of life by the causes of science and its methods to solve its problems based on its freedom in an effective development direction. In basketball offensive performance represents an important skill in the game, which in turn needs a high level of mental and physical abilities and the connection between them in order to effectively perform and gain points through the perception of the playing situations and their mental perception . Basketball needs more scientific efforts to help players to progress and ideal performance in matches according to a scientific method based on observation and experimentation. As well as identifying player's performance during matches and the important matters based on accurate observation, and this recognition of the players 'performance during matches is important to know the effectiveness of offensive and defensive methods and methods as well, which have the effect of improving the players' performance and using aid devices during basketball training process. It has a great influence in developing physical and motor abilities and technical performance according to the correct technique and providing them with the element of time, pleasure and positive psychological attitude towards the training process. Below tests used in this study were shown .



jump shot skill test (Lilitch Basketball) (1:13) :

Test aim : - measuring the ability of control the ball through jump shooting :

Tools: - 2 basket balls, a basketball net, a stopwatch, 2 chairs, a drawn line 540 cm makes an angle of 45° to the end, this line ends with a small mark (crossed with the line), specifying the area in which the player will move and it is (45.72 cm), A chair with a basketball on it, And the same details on the other side.

Procedure :

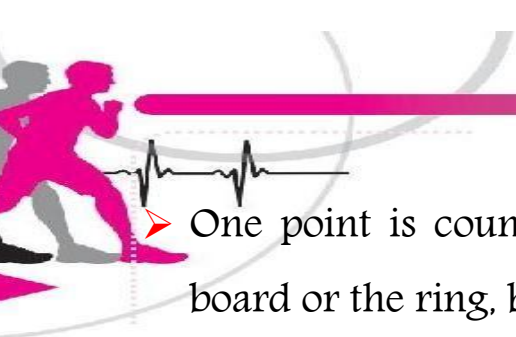
The player sits behind the chair and with the kick off, he picks up the ball from the chair and heads towards the painted mark 540 cm from the finish line, where he shoots from the jump. Two players can perform the test at the same time, each one conduct the test on one side of the target (area A, area B), provided that player (B) starts performing the test when the first player runs to catch the returned ball from the board after its first shot.

The player continues in performing the previous steps till performing five shots on each side (the total number is 10 shots).

Terms The jump takes place behind the mark After shooting, the player has to catch the ball after its return from the net , to resume performance. Each player conducts five shots for each side (A & B)

Scoring :

- Correct shots are recorded and the points are calculated as follows:
- Two points for each correct shoot .



- One point is counted for every shoot that touches the edge of the board or the ring, but does not enter the goal
- No points rewarded if the ball does not touch the board or the basket or does not score a goal.

Second: set shot test (free throw) :

Aim: measuring the set shot skill (free throw) (2:12)

Tools: field, basketball net and basketball

Conducting:

- 20 attempts for each player.
- Shots are perform behind the free throw line.
- shots perform in four groups , five shots for each group , That is, the 20 shots are not performed simultaneously, the first player performs five shots, followed by the second player , and so on until the end, then they perform again, a third and fourth.

Scoring :

(1) point for correct shot ,(0) if the ball doesn't entire the net ,The highest score is(20) degrees .

The proposed aid device for improving the accuracy of set and jump shot:

The researchers began designing the device according to the problem faced young and advanced players. Research was conducted on young player to eradicate the problem from its origin. The design of the device was based on scientific sources, this idea try out on a small sample initially, and then some adjustments were made to some measurements.

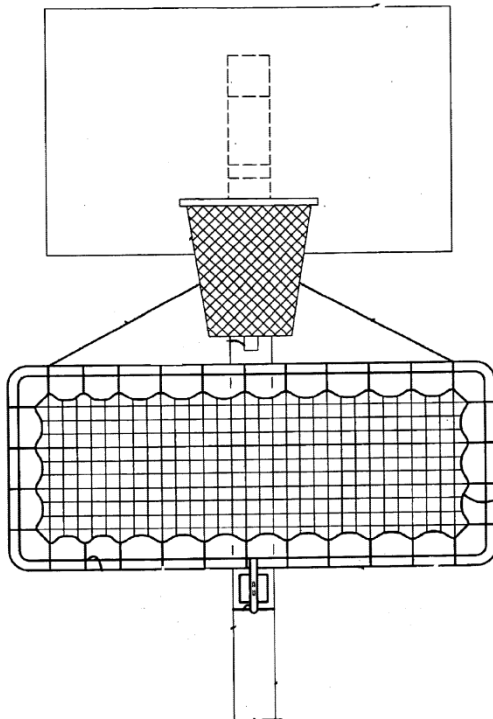
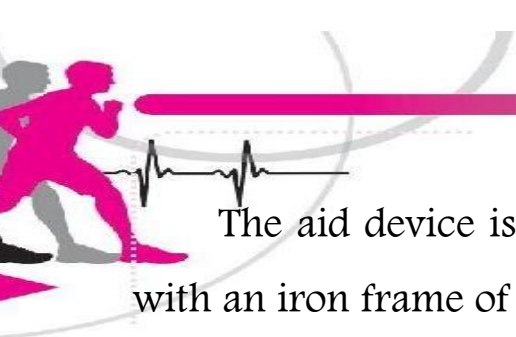


Figure (1) shows the proposed aid device



Figure (2) shows the proposed aid device



The aid device is a net made from strong nylon strings and framed with an iron frame of 80 cm length and the width of the basketball board and has arms attached to the column that holds the basketball board .the coach can control it. This net helps to return the ball quickly to the player who performs the shot process without wasting time, which helps to perform many repetitions, especially since the ball returns to the player comfortably as well as the thrill of performing the shot skill, basketball player's favorite skill.

Pretests:

the pre-test was conducted for the members of the research sample in the accuracy of jump and set shot skill for youth basketball players (free throw) conducted on Thursday 1/8/2019, at Martyr Hamza Nuri Sport Hall\ Babylon.

Posttests:

On Sunday 8\9\2019 after completing all training units for improving the accuracy of set and jump shot the posttest was conducted for the control and experimental group and in the same conditions of the pretest.

Results :

Control group tests results:

The results of set shot (free throw) tests of control group:

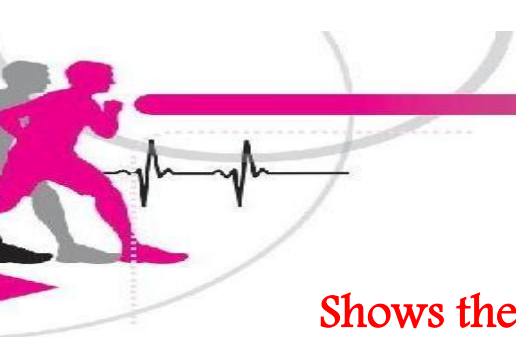


Table (1)

Shows the results of shot tests of control group

Variable	Pretest		Posttest		Percentage Increase	Calculated T test	Tabular T test	Sig.
Set shot	6.65	1.33	10.45	1.67	24.63%	5.33	2.57	Sig.
Jump shot	9.12	1.57	11.80	2.13	28.46%	6.22		Sig.

Df. (5) and sig. (0.05)

Experimental group tests Results:

The results of set shot (free throw) tests of experimental group:

Table (2)

Shows the results of shot tests of experimental group

Variable	Pretest		Posttest		Percentage Increase	Calculated T test	Tabular T test	Sig.
Set shot	7.1	1.59	13.67	2.43	51.62%	7.41	2.57	Sig.
Jump shot	9.33	0.77	16.22	1.58	50%	6.24		Sig.

Df. (5) and sig. (0.05)

results of shot skill tests between control and experimental group tests.

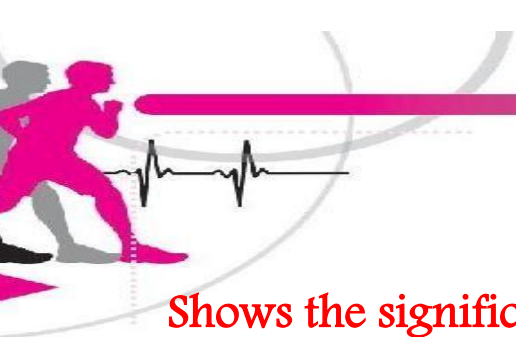


Table (3)

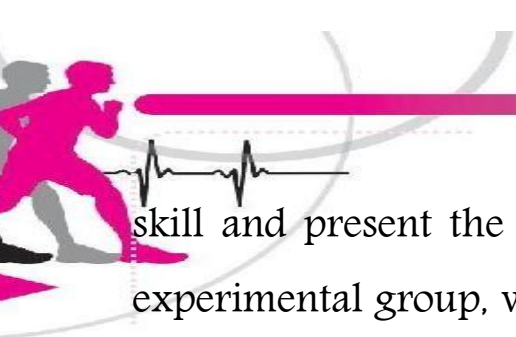
Shows the significant differences of shot skill posttest between control and experimental group

Variable	Control group		Experimental group		Calculated T test	Tabular T test	Sig.
Set shot	10.45	1.67	13.67	2.34	4.31	2.23	Sig.
Jump shot	11.88	2.33	16.22	1.58	5.22		Sig.

Df (10) , sig (0.05)

Discussion :

the results of tables (1,2,3) showed that the amount of improvement was clear and in good proportions for the control and experimental groups in increasing the accuracy of set and jump shot for youth basketball players, even though the two groups were followed to the same curriculum . Tables (1 and 2) showed that there was an improvement in the level of accuracy in the post-test compared to the pre-test and the achievement of good development rates for shot skill, but the improvement in the accuracy level of the experimental group was due to the use of the aid device (proposed tool) as an aid to the curriculum. Lots of researches and studies have indicated that aid devices encourages individuals towards training as well as reducing required effort and time, and that the rate of improvement achieved by the control group was attributed by the researchers as a result of applying the used method that provides many repetitions to develop the

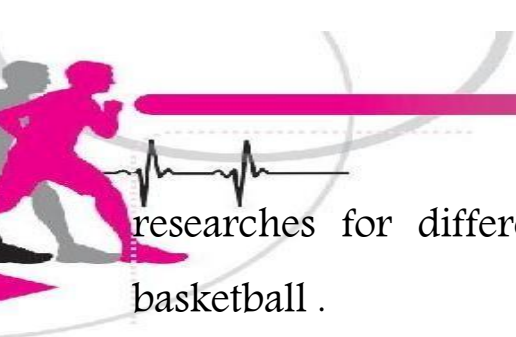


skill and present the model from the trainer and for table (2) of the experimental group, which followed the same method , it was found that there was an increase in the accuracy of set and jump shot in the posttest compared to pretest and achieving a good increasing percentage . The researchers attribute the rate of improvement that has been achieved by the experimental group due to the use of the aid device in the curriculum that helped the players to perform repetitions many also, the player's impulse towards the skillful performance of using modern and easy-to-use means and tools that has never used before raises the player's curiosity in trying what is new, that is, the player performs repetitions with confidence and desire and work towards the best. "One of the basic principles in learning a skill is to use devices and tools to the maximum possible extent "(189: 7). The researcher agrees with (Yusef Qatami) that" the tools and aid devices make B is more focused on the skills to be learned and developed and helps to diversify and stimulate players to improve performance for the better "(207: 8) .

Recommendations:

According to above conclusions the researchers recommend the following:

Using the proposed aid in developing and increasing accuracy of set and jump shot for youth basketball players And the necessity of using aid devices and tools in the educational and training process to ensure the diversity of the player's experiences. Also Set up other studies and



researches for different age groups, skills and for both genders in basketball .

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