

## Effect of specific training programme on skill performance among college basketball players

Joji Vargheese <sup>1</sup>, Dr P.V. Shelvam <sup>2</sup>

<sup>1</sup> Asst. Director, Dept. of Physical Education, Mar Baselios College of Engineering & Technology, Trivandrum, Kerala

<sup>2</sup> Professor, Department of Physical Education and Sports Sciences, Annamalai University, Annamalainagar

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### Abstract

The purpose of the study was to find out the effect of specific training on skill performance among college basketball players. To achieve this purpose of the study, thirty men basketball players were selected as subjects who were from the various departments, Mar Baselios College of Engineering & Technology, Trivandrum. The selected subjects were aged between 19 to 24 years. They were divided into two equal groups of fifteen each, Group I underwent specific training and Group II acted as control that did not participate in any special training apart from their regular sports and games practices. The subjects were tested on selected criterion variables such as shooting prior to any immediately after the training period. The selected criterion variable such as shooting was measuring by malty shooting test. The analysis of covariance (ANCOVA) was used to find out the significant differences if any, between the experimental group and control group on selected criterion variable. The 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate. The result of the present study has revealed that there was a significant difference among the experimental and control group on shooting performance.

**Keywords:** specific training, skill performance, shooting, basketball.

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### 1. Introduction

The primary objective of sports training is to stress various bodily systems to bring about positive adaptation in order to enhance sporting performance. To achieve this objective, coaches and athletes systematically apply a number of training principles including overload, specificity and progression, organized through what is commonly termed periodization. The application of these principles involves the manipulation of various programme design variables including choice of exercise, order of training activities/exercises, training intensity (load and repetition), rest periods between sets and activities/exercises and training frequency and volume in order to provide periods of stimulus and recovery, with the successful balance of these factors resulting in positive adaptation. Sport specific training is simply fitness and performance training designed specifically for athletic performance enhancement. Training programs for athletic performance enhancement could include such areas as strength, speed, power, endurance, flexibility, mobility, agility, mental preparedness (including goal setting), sleep, recovery/regeneration techniques and strategies, nutrition, rehabilitation, pre-habilitation, and injury risk reduction. A general program should include all of these components and a more specific program may only include a few, depending upon the athlete's specific needs (based on strengths, weaknesses and/or imbalances) and the demands of the sport they participate in. Fundamental skills are the plenty in any game, and basketball is on exception to this a high degree of performance depends on the experts of these skills. To enjoy the

game frankly; one needs to develop ability in fundamental skills. When a player has expert the fundamental skills of the game, a feeling of gaining expertness over the game comes. In order to measure these skills, tests should be conducted for evaluation purpose tactics will succeed only through individual fundamental skills. Therefore, every player must know about the importance of perfecting the fundamental skills .from this we can understand that only a players with perfection in all the fundamental skills can become a top player. The game of basketball is very complicated in terms of skills and team work. In this game, everyone should mastery over fundamental skills like Dribbling, passing, shooting, rebounding, defense etc. When one has mastered the fundamental skills of the games, he gets a feeling of well being. High level of performance otherwise known as playing ability in basketball depends upon proficiency over the fundamental skills.

The shooting drills can be inserted at any time during the practice. The shooting drills may be used after a high-intensity drill. Quick release, one timers and getting in to position to score are keys to score goals. While there may be some sense of specificity to a program designed for an athlete of a specific sport, the truth is that there is a limit to the amount of application/carryover of a sports performance exercise to a sports skill. The most sports specific training that can be done is the sport itself. Sports specific skills practiced for the sport are as specific as one can get. However, while there are sports specific skills necessary for each sport, there are also physical skills necessary for each sport. Sports preparation is necessary for the sport specific skills (shooting a basketball, pitching a baseball, etc.) and physical preparation is needed for specific performance enhancement such as foot speed, strength, power, etc.

### **1.1 Objectives of the study**

The main objective of the study was to assess the effect of specific training on shooting which would help to enhance performance of basketball players. The present study was designed to obtain the data on the men players from various departments of Mar Baselios College of Engineering & Technology, Trivandrum.

### **1.2 Statement of the problem**

The purpose of the study was to determine the effect of specific training programme on shooting among college basketball players.

### **1.3 Delimitations**

- The study was delimited to Mar Baselios College of Engineering & Technology, Trivandrum.
- The study was delimited to 30 basketball players, their age was 19 to 24 years.
- The study was restricted to the dependent variable is shooting performance and independent variables are specific training.

### **1.4 Significance of the Study**

- The findings of the study may be helpful for university basketball players to apply specific training which will help in better health and fitness.
- The findings of the study would be helpful for the trainers to know the role of shooting influence their performance.
- The results of the study may be helpful to fitness trainers, coaches, physical educationist and exercise physiologists to design proper training protocol for other populations.

## **2. Materials and Methods**

In the present study all the students studying in various departments, Mar Baselios College of Engineering & Technology, Trivandrum were considered as population for the study. A representative sample of 30 basketball players in the age of 19-24 years was chosen as sample for the study. The selected participants were divided into two groups. Group I underwent specific training and group II act as control group. The experimental groups underwent eight weeks of training in their particular workout. For this study dependent variable is shooting.

## 2.1 Malty Shooting

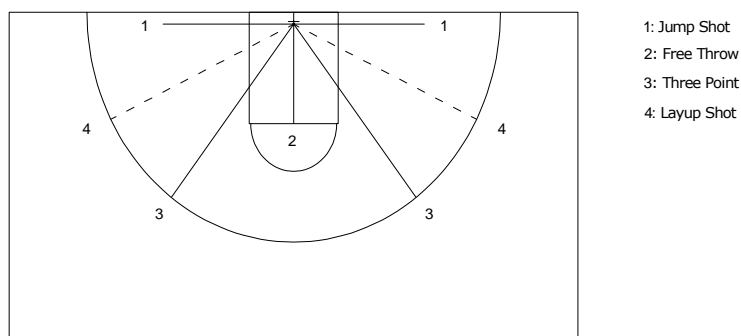
### 2.1.1 Purpose: -

To measure skill in rapidly shooting from specified position and to a certain extent agility speed ball controlling (handling)

### 2.1.2 Equipment

Standard tape for marking floor for 7 chairs and 12 balls.

### MALTY SHOOTING



### 2.1.3 Test/Target Dimensions

The chair positions, four chairs at 3 points Shooting Area two chairs right side two at left side at 45 Angle. One chair at free-throw line other two chairs at zero angle the distance will be 4.50mts from both sides. The distance for sports A, B, C, D, E & F distance for center for grade 16 to19 Years Students.

### 2.1.4 Administration

There will be 3 trials of 30 sec each. The first is a practice trail and the next two are recorded. the performer may stand at the three point shooting line above the chair at 45 angle for supervisor will start from right side of the 3 point shooting next lay-up shoot next zero angle 4.50 mts shooting next free-0 throw shooting same as right for the left side shooting up to 30 sec for both side.

### 2.1.5 Violations

Ball handling (traveling doubles dribble etc shot following violation scored as zero points.

### 2.1.6 Scoring

The test administration must record the sport at which shot are take Three point are awarded for 3 points shot 2 points are awarded for lay-up shot inside the 3 points shoot one point is awarded for an unsuccessful shoot.

## 2.2 Analysis of Data

The data obtained were analyzed by analysis of covariance (ANCOVA). Analysis of covariance was computed for any number of experimental groups, the obtained 'F' ratio compared with critical F value for significance.

### 3. Results

The statistical analyses of shooting performance due to specific training have been presented in Table I.

**Table - I**

		Specific Training Group	Control Group	F ratio
Pre Test	Mean	10.20	10.30	1.25
	S D	1.05	1.02	
Post Test	Mean	18.46	10.20	6.57*
	S D	1.13	1.04	
Ad Post Test	Mean	18.38	10.22	35.72*

The table I shows that the shooting pre-test means of specific training group and control group are  $10.20 \pm 1.05$  and  $10.30 \pm 1.02$  respectively. The obtained 'F' ratio of 1.25 for pre-test means of shooting performance was not significant at .05 levels indicating that the two groups were no significant variation. The post-test means of specific training group and control group are  $18.46 \pm 1.13$  and  $10.20 \pm 1.04$  respectively. The obtained 'F' ratio of 6.57 for post-test means of shooting performance was a significant at .05 levels indicating that the two groups were significant variation. The adjusted post-test means of specific training group and control group are 18.38 and 10.22 respectively. The obtained 'F' ratio of 35.72 for adjusted post-test means of shooting performance was significant at .05 level. The results of the study indicate that there is a significant difference among specific training group and control group on shooting performance.

### 4. DISCUSSION/CONCLUSIONS

The results of the study proved that there were significant differences between control group and specific training group. The eight weeks of experimental treatment significantly influence on shooting performance in college basketball players. The above results are supported by Cosio-Lima, willardson and Staton, Reaburn and Humpries.

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**Corresponding Author:**

Joji Vargheese  
Asst. Director,  
Dept. of Physical Education,  
Mar Baselios College of Engineering & Technology,  
Trivandrum, Kerala,  
Email: iamjoggi2000@gmail.com