

MASTERING THE TECHNIQUE OF TAKING A REBOUND ON OPPONENT'S SHIELD BY BASKETBALL PLAYERS OF INITIAL LEVEL OF SPECIALIZATION

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Annotation. *Purpose:* to prove the effectiveness of the use of training program aimed at improving the skill execution of tackling the ball at the opponent's shield attack in basketball specialized base preparation phase. *Material:* 30 sportsmen of 13-14 years old took part in the test. They were mostly from CYSS (Children and Youth Sports School). *Results:* low level of efficiency in the fight for the ball bounces in the attack was appeared to take place both in competitive activity in basketball and in performing the control exercises aimed to master the technique of tackling the ball. It was shown that the most important about the mastering of the technique of a rebound taking in the attack is motion. It was found that the use of simple technical actions as for the selection of the ball led to significant success in three control exercises approximately on 52.7% by improving the quality (accuracy, speed) of performing the technique mentioned in the training program. Moreover the factor of effectiveness of the fight for a ball increased on 28.9% ($P < 0, 05$) in competitive activity. *Conclusions:* to recommend the use of exercises which include four possibilities of moving after being blocked by the opponent: direct output, fainted moving with further escape, turn, one step back. This is needed in order to improve the technique of taking a rebound on the shield of the opponent and also to accelerate the formation of skills formation in competitive activity.

Key words: basketball, tackling, selection, attack, technique, effectiveness.

Introduction

Analyzing structure of competition functioning in team kinds of sports, specialists note that to the largest extent sportsmanship is influenced by technical tactic fitness of players and team [2, 5, 8, 14, 21, 25]. Researches showed that technical-tactic fitness evolves to the largest extent in the process of team kinds of sports' development and in this direction constant searching of new technical elements and actions, tactical variants, schemas and models of game is carrying out. With it successfulness of sportsmen's training in modern conditions depends on effectiveness of organization, management and control, rational application of modern technologies in training process, consideration of individual, age and morphological features of organism [3, 6, 7].

One of main tasks of basketball players' training process is mastering of rational technique and education of ability to apply it for reaching of high and stable results. Improvement of technique shall be accentuated on mastering of muscular sense, visual perception, sensing of space and other special qualities, which are manifested in specialized motion responses (sense of distance, sense of adversary, moment for beginning of actions and etc.). Thus, training methodic for improvement of basketball techniques shall be oriented on rising of quality of specific movements and reliability of control over them.

Regarding problem of training process's optimization in system of junior sportsmen's preparation it is necessary to state the fact that the most negative characteristics of junior basketball are: constraint in manipulation with ball; insufficient mobility of players' technique; "narrowing" of actions with fulfilling technical elements from static positions, untimely execution of main techniques, insufficient power and speed power fitness [1, 26]. Arsenal of sportsmen's techniques is not wide, but at the same time at their age they should master maximal quantity of techniques; with it age of 13-15 years old is the most favorable for formation of technical sportsmanship of junior sportsmen [8, 9, 15]. At stages of initial and profound specialization sportsmen shall gradually master bio-mechanical structure of motion skills in the mode, which is required in competition functioning that is ensured by most rational combination and targeted variation of different means, oriented on improvement of sport-technical fitness of junior sportsmen. That is why content of training shall ensure prevailing orientation on effectiveness of basic training and create favorable pre-conditions for achievement of high results [12, 16].

Perfection of sportsmanship and achievement of sports results are determined to large extent by systemic and effective using of technical-tactic actions, especially in attack. One of main components of game in modern basketball is fight for catching of dapped ball. As per statistic, in average for one game about 50% of all throws result in daps from backboard or basket. Therefore, successful mastering of catching ball dapped from own backboard, increases team's chances for favorable results of game [13]. However, effectiveness of this indicator in defense and in attack is different: defenders catch 70-75% of all dapped balls; in attack the best teams catch 25-30% of balls. Concerning adult players, this game component is based, mainly, on experience and intuition; in junior teams low effectiveness, probably, is connected with absence of appropriate fitness [10, 11]. Coaches pay much time to training of players to catching of ball, dapped from own backboard, to blocking of adversary and so on, but they rely on personal initiative of a player and his luck in catching of dapped ball in attack. Existing programs of JSS envisage starting of training of ball's catching in attack only from 4th year of training, since 15-16 years old age. Special observations and researches showed that it is possible to start stage-by stage mastering of specific techniques much earlier [13, 15].

Modern special literature has accumulated a lot of data about different sides of effective fulfillment of different game techniques [3, 5, 20, 23, 24]. Nevertheless, studying of structural components, included in conception of effectiveness of ball's catch in attack, methodic of training and improvement have not been elucidated sufficiently in methodic and scientific literature. Practical insufficiency of this question's studying can not but initiate further researches, which would be carried out in compliance with plan of scientific and research works of Tavricheskiy national university, named after V.I. Vernadskiy.

Purpose, tasks of the work, material and methods

The purpose of the research is increasing of sportsmanship in ball's catch in attack at the stage of basketball players' specialized basic training.

The following *tasks* were to be solved in the research:

1. Using the data of special literature to select methodic techniques and work out training program, oriented on mastering of rational technique of catching ball, dapped from adversary's backboard.
2. To ground effectiveness of training program, oriented on rising of effectiveness of catching of ball, dapped from adversary's backboard at the stage of basketball players' specialized basic training.

Methods and organization of the research. For solution of our tasks we used the following methods of research: analysis and generalization of literature sources; pedagogic observation; pedagogic experiment; control testing; methods of mathematical statistic.

In experiment 30 basketball players of 13-14 years old age took part. All they were pupils of JSS and trained at stage of specialized basic training. The research envisaged several interconnected stages of our work. At first stage we analyzed literature sources in order to work out training program; researches of the second stage included carrying out pedagogic experiment as well as analysis of competition functioning with registration of basketball players' actions in fight for ball dapped from ring before and after research. Training process in control and experimental groups was conducted in compliance with JSS program and included practical trainings, characteristic for the stage of specialized basic preparation.

Program of experiment envisaged four methods of player's travelling in adversaries block: direct releasing, dummy, followed by releasing from block, turn and step back (see fig.1).

Evaluation criteria for program's effectiveness were indicators of competition functioning with registration of daps' quantity and calculation of effectiveness coefficient for player's actions in fight for ball, dapped in attack [17], as well as level of effectiveness of ball catch in attack in three exercises: catch in attack "one against two"; soft throw to backboard; ball catches with circular changes of functions [4].

Process of formation of specific fighting for dapped ball skills in attack shall be oriented, mainly, on mastering of techniques and variations of these skills because basketball players' motion skills are realized continuously in varying game situations, resulted in appropriate changes of motion tasks. Successful mastering of catching of ball dapped from adversary's backboard increases team's potential chances on favorable result of game. Catching of ball after not accurate throws happens oftener than in any other way. With catching of ball, dapped from basket, players use techniques, which include a number of indicators, not dependent on each other. With finishing throw basketball player shall pay attention to the following: choice of place; calculation; quickness of jump; keeping arms upward; maximal efforts; work of hands and fingers; dummies; constant readiness [13, 18, 22]. As far as success of ball catch depends on chosen inside position in relation to adversary and following the ball, while the most frequent defense tactic is blocking of forward [4, 19], then key to ball catch in attack is movement. If a player is blocked, it is necessary to use any effort to release from this block. That is why this phase shall be paid as much attention as possible. In experiment, for formation of motion skills to fulfill technical-tactic actions for ball's catching at attack of backboard, we used the following conditions: relatively standard, unchanged (formation of correct skills and training of them up to automatic level). Main methodic requirement was execution as much techniques and their combinations as possible, increasing their quickness and accuracy as well as fulfillment of a little changeable techniques, oriented on mastering of choosing of actions, on acquiring of initial skills of game functioning. We selected main training means, considering four methods of player's movement in block: direct releasing, dummy and releasing, turn, step back [4]. In our research we put the main question: if program of training sportsmanship oriented on catching ball in attacking of adversary's backboard by basketball players at the stage of specialized basic training influences positively. In order to prove validity of the chosen approach we carried out comparison of effectiveness of fight for dapped ball in attacks ($n=5$) before and after experiment ($n=5$); also we determined rating of success in control exercises on ball's catching in attacks. The obtained data showed that training program, oriented on mastering of technique of ball's catching at adversary's backboard, facilitated increasing of quantity of ball's catching in experimental group; coefficient of effectiveness of players' actions directed on catching of ball, dapped from ring, increased by 28.9% ($P<0.05$). Increasing of basketball players' effectiveness happened against the background of improvement of skills of ball's catching in block: in exercises 1 (catching in attack "one against two" – by 77% ($P<0.001$); in exercise 2 (soft throw in backboard) – by 50% ($P<0.01$); and in exercise 3 (ball's catching with circular change of functions) – by 31% ($P<0.01$), changes in control group were much less expressive (see fig.2).

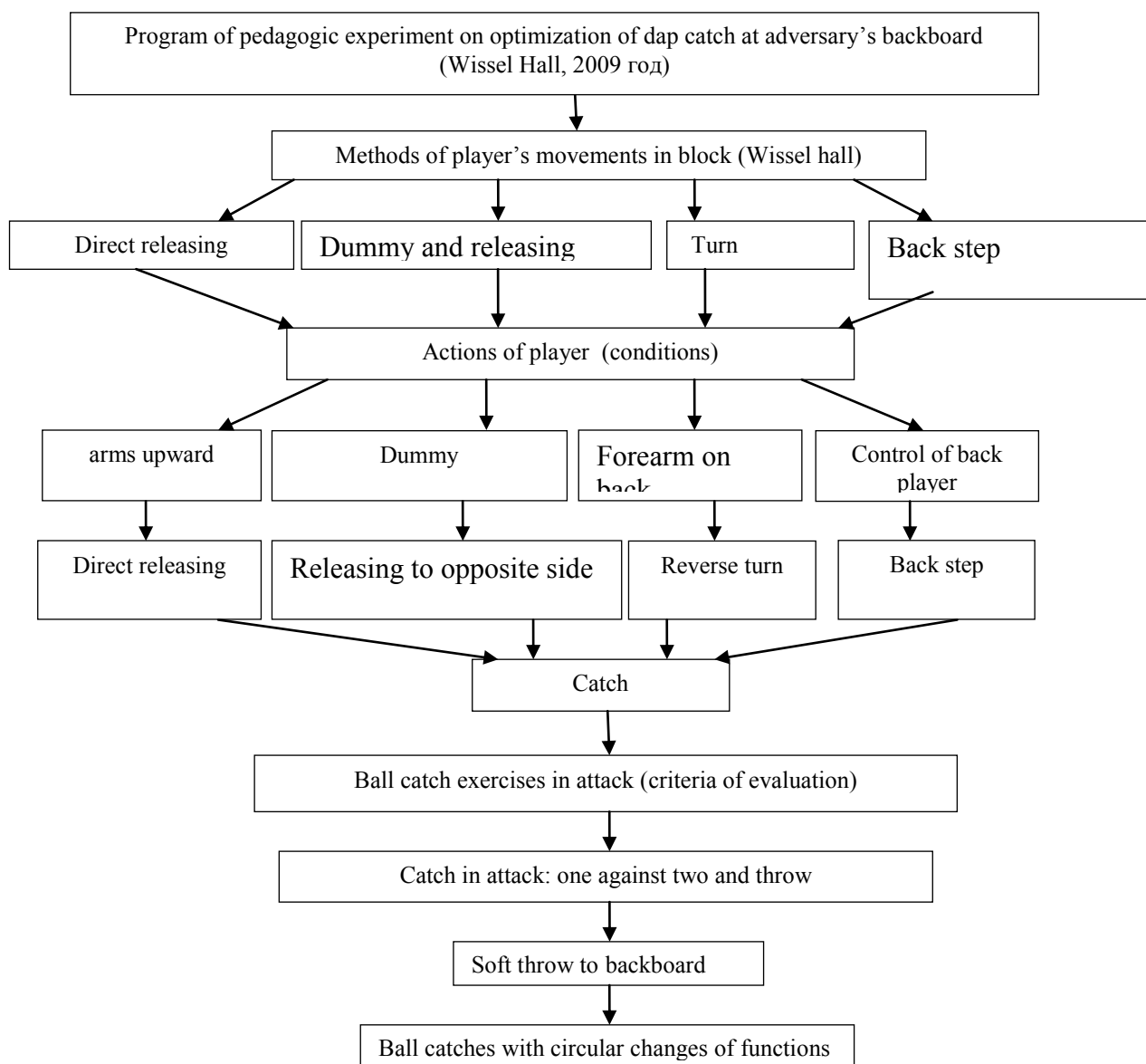


Fig.1. Program dap catch optimization at adversary's backboard at stage of basketball players' specialized basic training

Thus, application of our training program ensured intensification of basketball players' actions, optimization of scope of exercises in training; unity of technical and tactic fitness of players with accent on mastering of individual techniques (choosing of position, application of dummies for releasing from "care" of adversary's backs, timely approaching backboard). Application of not difficult for fulfillment of ball's catching in attack by basketball players, including four methods of blocked players movement, facilitated improvement of accuracy and quickness of the executed technique as well as formation of skill of its fulfillment in game conditions.

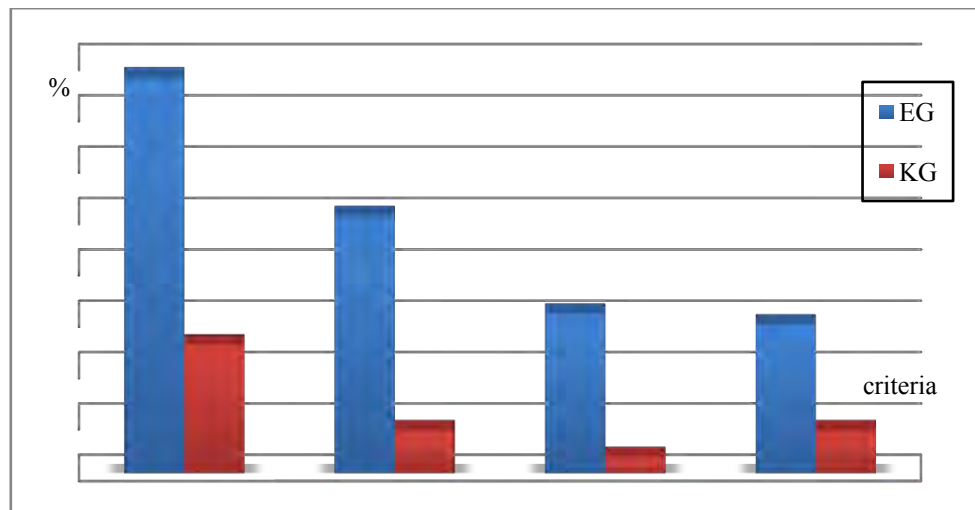


Fig. 2. Comparative characteristics of change of effectiveness indicators of ball's catching in attack, fulfilled by experimental group (EG) basketball players and control (KG) group players after experiment:

% - percentage of change of effectiveness indicators of ball's catching in attack; criteria – evaluation criteria for effectiveness of dap catching. 1– exercise for ball's catching in attack “one against two” and throw; 2 –exercise “soft throw in backboard”; 3 – exercise “circular change of functions”; 4 –coefficient of effectiveness of ball's catching in attack.

Conclusions:

1. Analysis of scientific-methodic literature witnesses about insufficient quantity, variants and intensity of technical tactic techniques, fulfilled by junior basketball players in course of trainings that result in weak technical fitness of sportsmen.

2. Mastering of catching of dapped ball at adversary's backboard it is purposeful to fulfill with the help of special exercises, widening arsenal of individual technical abilities to be applied in the following conditions: relatively standard, unchanged, which ensure formation of skills and training of them up to automatic level and a little changeable ones, oriented on mastering of choice of action and initial game skills.

3. For three months of special training, based on application of training means, considering four methods of blocked players' movement (direct releasing, dummy and releasing, turn, back step), oriented on optimization of ball's catching in attack, effectiveness coefficient of basketball players in fight for dapped from ring ball in attack increased by 28. 9% ($P < 0. 05$), with it increasing of effectiveness happened against the background of skills of ball's catching by blocked player: in exercise 1 (catching in attack “one against two and throw”) – by 77%, in exercise 2 (soft throw in backboard) – by 50% ($P < 0. 01$); and in exercise 3 (ball's catching with circular change of functions) – by 31% ($P < 0. 01$), changes in control group were much less expressive.

4. Application of not difficult for fulfillment of ball's catching in attack by basketball players, including four methods of blocked players movement, facilitated improvement of accuracy and quickness of the executed technique as well as formation of skill of its fulfillment in game conditions.

5. The offered by us program for optimization of catching of dapped from adversary's backboard ball can be used by coaches for implementation into training process at stage of preliminary basic training.

The further researches are implied to be conducted in direction of searching of new reserves for increasing of effectiveness of training and competition functioning of junior basketball players. In our opinion, in the base of this process there is working out of methodic techniques, ensuring intensification and higher effectiveness of training process.

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