



IMPACTS OF SPECIFIC DRILLS ON SKILL PERFORMANCE VARIABLES AMONG GRASSROOTS LEVEL BASKETBALL PLAYERS (A Pilot Study)

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ABSTRACT

The idea of the study was to find out the impacts of specific drills on skill performance variables among grass root level basketball players. To achieve the purpose of the study, five grass root level basketball players would be randomly selected from National Sports School, Coimbatore district and their age ranged between 12 and 14 years. Single group design. Specific drills pilot study group (n = 5) would be undergone for a period of four weeks. The results revealed that there was a significant difference found on the criterion variables. The difference was found due to specific drills given to the experimental group on dribbling, shooting and passing of basketball players.

KEYWORDS: Specific drills, Dribbling, Shooting, Passing and Basketball Players.

INTRODUCTION

Basketball is one of the fastest games in which high level conditioning and coordinative abilities with technical and tactical potentials are essential to perform every skill at desired or required level. In basketball is a same agile. Specific skill training is a program includes performance training designed specifically for athletic performance enhancement. Training programs for game performance enhancement could include such areas as dribbling, passing, shooting and other than to developing in, speed, power, endurance, flexibility, mobility, agility, mental preparedness (including goal setting), sleep, recovery/regeneration techniques and strategies, nutrition, rehabilitation, 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. Sports performance training is exercising with the specific goal of improving your effectiveness as an athlete in your particular sport. Specific training might get someone in general shape and have them improve as an athlete somewhat. In sport, the team training refers the set of physical exercise used to develop either physical or motor fitness aspects of a player. When the training for players at higher level or above the basic level, they have to trained with specific objectives in sport, the training program should designed specifically based on the components that are needed for the skill or technique in sport. Thus such type of specific skill training program is a need for the player to excellent in sport. Thus the present study has been carries out to study the impacts of specific drills training on skill performance variables among grass root level basketball players.

METHODOLOGY

The idea of the study was to find out the impacts of specific drills on skill performance variables among grass root level basketball players. To achieve the purpose of the study, five grass root level basketball players would be randomly selected from National Sports School, Coimbatore district and their age ranged between 12 and 14 years. Single group design was used. Specific drills pilot study group (n = 5) would be undergone for a period of four weeks.

CRITERION MEASURES

The subjects of specific drills pilot study would be assessed on the selected variables by the standardized test items before and after the training period of four weeks.

**Table -I**

S.No	Criterion Variables	Test Items	Unit of Measurements
Performance Variables			
1	Dribbling	Johnson Basketball Test	Points
2	Passing		Points
3	Shooting		Points

TRAINING PROGRAMME

The training program was lasted for 60 minutes for session in a day, 3 days in a week for a period of six weeks duration. These 60 minutes included 10 minutes warm up, 40 minutes respective training and 10 minutes warm down procedure. Every three weeks of training 5% of intensity of load will be increased from 65% to 80% of work load. Volume of training was prescribed based on the number of sets and repetition.

STATISTICAL TECHNIQUES

The data are analyzed by paired 't' test was used for assessed the impacts of specific drills skill performance variables among grass root level basketball players. The significance level was fixed at 0.05 level of confidence which is considered to be the appropriate one for this study.

RESULTS**Table-II**

Relationship of Mean, SD and 't'-Values of the Dribbling, Shooting and Passing between Pre & Post Test of the Specific Drills of Basketball Players

Specific Drills Group	Variables	Test	Mean	S.D	't' Values
	Dribbling		Pre Test	19.20	1.64
Post Test			21.80	2.16	
Shooting		Pre Test	14.00	3.16	9.48*
		Post Test	17.00	3.53	
Passing		Pre Test	14.60	2.07	7.48*
		Post Test	17.40	1.81	

*Significant at 0.05 level of confidence

Table-II reveals that the obtained mean values of pre test and post test scores of specific drills group were 19.20 and 21.80, 14.00 and 17.00, 14.60 and 17.40 respectively; the obtained t ratio was 10.61, 9.48 and 7.48. The required table value is 2.77 at 0.05 level of confidence for the degree of freedom 4. The obtained t ratio was greater than the table value. It is found to be significant changes in dribbling, shooting and passing of the basketball players. The mean values on specific drills group are graphically represented in figure-1.

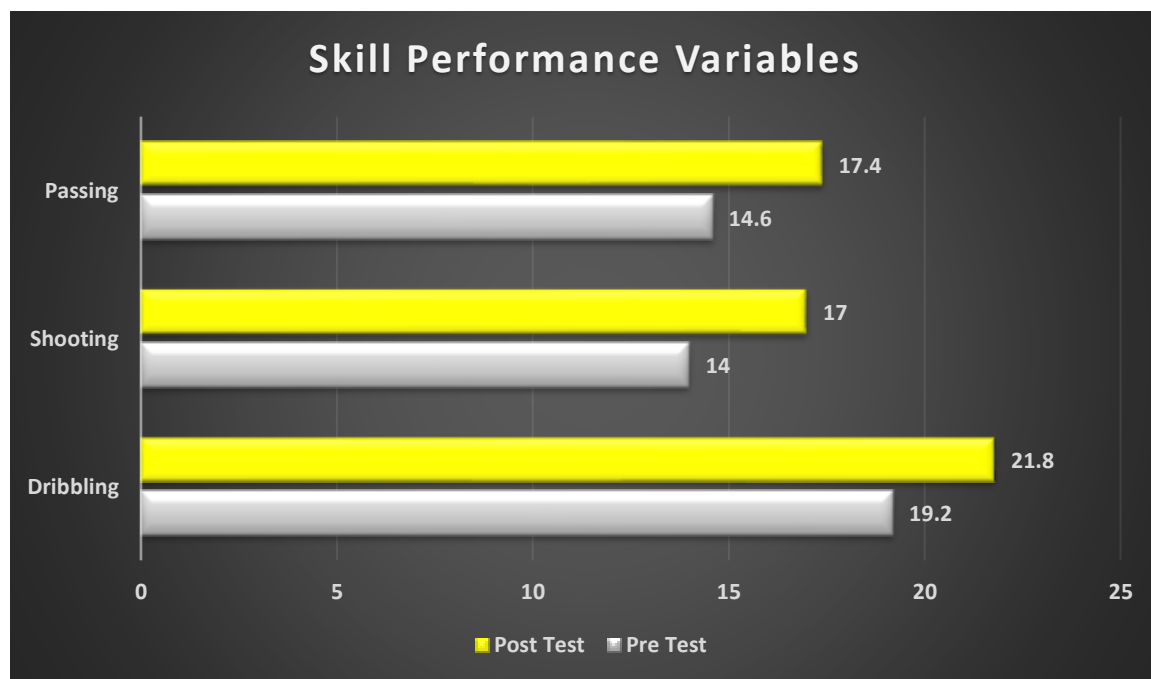


FIGURE-1: BAR DIAGRAM SHOWING THE PRE TEST & POST TEST ON DRIBBLING, SHOOTING AND PASSING OF SPECIFIC DRILLS

DISCUSSION ON FINDINGS

The specific drills are a fantastic training which has been found to be beneficial of the basketball players. To study the specific drills on dribbling, shooting and passing of basketball players at grassroots level, it was tested under to specific drills group. The specific drills includes on dribbling, shooting and passing. The specific drills are namely crossover dribble, semicircle dribble, scissors and dribble figure 8. It also improves the dribbling ability, game tactics, anaerobic capacity, quickness and eye hand coordination and other than some physical fitness components are namely speed, agility, and power. The obtained result proved positively the specific drills group significantly improved. The result of the present study showed that the specific drills have significant improvement on dribbling, shooting and passing ability of basketball players. The results of the study are in line with the studies of **Ascender.,et al (2019)¹** and **Marcolin., et al (2018)²**.

CONCLUSIONS

Based on the findings and within the limitation of the study it is noticed that practice of specific drills helped to improve dribbling, shooting and passing ability of basketball players at grassroots level. It was also seen that there is progressive improvement in the selected criterion variables of specific drills group of basketball players after four weeks of specific drills programme. Further, it also helps to improved dribbling, shooting and passing.

It was concluded that individualized impacts of specific drills group showed a statistically significant positive sign over the course of the treatment period on dribbling, shooting and passing of grassroots level basketball players.

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