

The effect of physical exercises to develop speed with some offensive skills in basketball for the third stage students

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Abstract: Recent years have witnessed a great development in the field of education and the educational process has become the focus of attention of researchers and specialists, in order to keep pace with progress and reach the best education that the educated can reach.

Basketball is a fast-paced game that is taught in colleges within a pre-prepared curriculum, whose skills should be performed quickly in line with the game's specificity.

The research problem lies in the fact that the performance of the students is slow in movement, and this indicates the lack and lack of focus on speed exercises within the lessons.

The research aims to prepare physical exercises for speed for the third stage students and to know their effect on speed development, in addition to knowledge of speed development in some offensive skills with basketball.

The researcher used the experimental method using the method of one experimental group, and it was conducted on a randomly selected sample of (4) four divisions and a number of (16) sixteen students, at a rate of 15.53%.

Pre and post tests were conducted for the research variables, and the search continued from (11/18/2019 to 25/12/2019), as well as statistical means.

The researcher concluded that the exercises led to the development of speed in its transitional and kinetic forms for the students, as well as the emergence of an improvement in some complex offensive skills. Basketball skills.

Keywords: speed, offensive skills, basketball.

1. INTRODUCTION:

Recent years have witnessed a great development in the field of education and the educational process has become the focus of attention of researchers, specialists and experts in the research and educational aspects, in order to keep pace with progress and reach the best education that the educated can reach. Basketball is one of the fast-paced games that are taught in colleges within a pre-prepared curriculum that includes basic game skills that should be performed by students quickly during performance and play, which is an essential feature consistent with the peculiarity of the game that is characterized by speed and this depends mainly on what students own and acquire Of the physical characteristics, including

the characteristic of speed, * This can be achieved through physical exercises that are prepared by the teaching staff of basketball and given during practical lessons. The importance of the research lies in the importance of speed as an important physical element and its role in influencing the students' performance of skills, especially since the requirements of the game must be fast due to the importance of the time factor in the movement and skill performance during play.

2. RESEARCH PROBLEM:

Through the researcher's experience in the field of game, as a national team player and teaching basketball subject, I noticed that the performance of most of the students in offensive skills is characterized by slow movement, and this is not consistent with the nature of the basketball game, which is characterized by the speed of performance on the field, and this indicates the lack and lack of focus on exercises Speed within the lesson, and from this objective understanding the researcher sought to study the problem and develop successful solutions to it.

research aims:

Preparing physical exercises for speed for third-stage students.

- Knowing the effect of physical exercise on developing speed for third stage students.
- Knowing the effect of developing speed on some offensive skills in basketball for the third stage students.

Hypothesis search:

- There is an effect of physical exercise on the development of speed for third stage students.
- There is an effect of developing speed in some offensive skills in basketball for the third stage students.

Research areas:

- The human field: a sample of the third stage female students.
- Time domain: the period from 11/18/2019 to 12/25/2019
- Spatial domain: the playground of the College of Physical Education and Sports Sciences for Girls.

3. RESEARCH METHODOLOGY AND FIELD PROCEDURES:

Research Methodology:

The researcher used the experimental approach in line with the problem as it searches for the special variables in cause and effect (7/217), and in the one-group method, which is one of the experimental research methods.

Research community and sample:

The research community was represented by the students of the third stage in the College of Physical Education and Sports Sciences for girls for the academic year 2019-2020 and their number (103) were distributed among (4) four classes, and in a random way (lottery) (16) sixteen students were selected from the four classes, and by (4) Four students for each class, at a rate of 15.53%.

Determine search variables

One of the important steps in scientific research is to determine the research variables, accordingly the researcher determined the velocity variable (translational velocity, kinetic velocity) for a physical variable, as well as some offensive skills in basketball, which were represented (chest handling, high-aiming chuck) as variables of skills and choices for each of them, whether It was physical or skillful.

Pre-tests:

The assistant work team and the researcher's supervision conducted the cardiac tests of the sample on two days, Monday and Wednesday corresponding to 11-13 / 11/2019, so that one day was for the physical variables and another for the skill variables and in the external yard of the college. Where time, place, tools and team work.

The main experiment (speed exercises):

- Below are some clarifications about the main experiment
- The aim of the exercises is to develop the translational speed and mobility of the students
- Knowing the impact of development on basic offensive skills in basketball
- The exercises lasted for (6) weeks
- Total number of training units: 12 units
- The number of training units per week *: 2 units
- Weekly training days: Monday - Wednesday
- The exercise time in the unit ranges from 30-35 minutes
- The intensity was used below the maximum, down to the maximum intensity
- Exercises started from 11/18/2019 to 12/25/2019

Post-tests:

After completing the application of speed exercises on the research sample, the assistant work team, under the supervision of the researcher, conducted the post tests on the research sample on Sunday and Monday corresponding to 29-31 / 12/2019, where the same method was followed in the pre-tests in terms of place, time, tools and team Auxiliary work.

Display and analyze the results of the speed and offensive skills of the experimental group's pre -and post tests

Table (1) shows the variables, the unit of measurement, the arithmetic means and their deviations, the difference of the means, the deviations and the value of ((t) calculated for the pre and post- tests of the experimental group

Variable	measuring unit	Pre-test		Post-test		Differences	Differences STD	T	Significance
		A	STD	A	STD				
Transition speed	Sec	5.517	0.356	4.327	0.421	1.190	0.272	16.942	Sign
Kinematic velocity	R	23.133	1.506	26.666	2.193	3.533	1.685	8.123	Sign
Handling	R	6.267	1.033	8.266	1.279	2.000	0.647	11.832	Sign
Dribble	Sec	7.136	0.939	6.233	0.690	1.103	0.479	8.921	Sign
Scoring	R	6.733	1.033	8.668	1.345	1.933	1.486	5.037	Sign

At a level of significance (0.05) and with a degree of freedom (16 - 1 = 15) and a tabular degree (1.75) through Table No. (1), in which it is indicated that the value of the arithmetic mean of the transition velocity in the pre-test may reach (5.517) and with a standard deviation (0.356), As for the post test, the mean was (4.327), and the tabular standard deviation of (1.75) under the computed t reached (16.942), which is greater than the value of t (0.412).

A degree of freedom (1-15) and a probability of error (0.05). This indicates that there is a significant difference between the two tests in favor of the dimensionality.

This offer applies to all research variables represented in motor speed, chest handling, high churning, and scoring.

4. DISCUSS THE RESULTS

Through Table (1) it was found that there is a significant difference between the pre and post test of the experimental research sample in all the variables of the physical and skill research, as the researcher attributes this to the effect of physical exercises represented in the movement and movement speed exercises developed by the researcher, which included quick and varied exercises and jogging for different distances Whether it is short, medium or long, with different times and stresses below the maximum, to reach the maximum intensity and in line with the potential of the students, with continued training on them and with certain repetitions, with an emphasis on giving an appropriate period of rest between the repetitions and between the groups, as Raad Jaber, quoting from Ozlin, confirms that the development of

speed is especially Transition and mobility are among the most important and basic factors for physical and skill performance (140: 1). This means that the physical and skill performance of the game appears through the muscles of the legs and hands when performing movements or skills in the shortest possible time (2: 45)

Accordingly, the researcher believes that developing speed in its two forms of movement and movement leads to the development of the physical performance of the movements performed by the students, and in turn their impact on the skillful performance of the skills of the basket game by the students and this is what the results of the post tests for skills (under discussion) showed. Or in reducing the performance time of the high puck, as well as in increasing the number of times of scoring. Finally, there is a scientific training fact that confirms that organizing and diversifying exercises in educational and training units inevitably leads to the development of what these exercises are designed for (85: 8).

5. CONCLUSIONS AND RECOMMENDATIONS:

Conclusions

- The emergence of the effect of exercises that led to the development of speed, in its two forms, both transitional and kinetic.

The development of speed led to the development of some offensive skills, represented in chest handling, high patience, and speed of scoring.

Recommendations

- The necessity to use the exercises prepared by the researcher in practical lessons of basketball after their effectiveness has been proven

Diversifying speed exercises in lessons because of their importance in developing the basic skills of the game

- Allocating sufficient time in the lessons of speed development and its various forms
- Conducting similar research and studies for other physical characteristics and skills, whether offensive or defensive, that were not covered by the research.

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