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A comparative study of the level of physical, skill and motor variables for specialized basketball centres in Baghdad

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Abstract

The importance of the research was determined in that it is a study on the reality of the level of some physical, skill and motor variables in the specialized centers in Baghdad and what are the training differences in these variables in them, where the problem was identified in the lack of studies that give a real reality for training these variables and explaining the reasons for their strength and weakness, and the objectives of the research were to identify the level of the variables and to identify the differences between them in the training centers, in addition to identifying the best in the results. The researcher followed the descriptive survey method, and the researcher used (3) tests commensurate with the requirements of the research. The study reached several conclusions, the most important of which is that there is a preference for the specialized talent center / Ministry of Youth over the training center group in Karkh and clubs, with statistical significance in the endurance test. The power of speed.

Keywords

physical variables, basketball

Introduction:

The development taking place in sporting events all over the world came as a result of the development of the goals of sports practice and their multiplicity between social, health, cultural and sports goals, and the goals were multiplied to be a source of sports marketing and investment, and the traditional methods of training became insufficient to achieve sporting achievements at the global levels, and for the new requirements of sporting events and competitions, sports science has sought to enter into the specifics of precise sporting events and deal with them according to modern scientific methods that contain general and specific details of those sporting events. All aspects involved in preparing the athlete in a comprehensive manner, which makes him ready for competition and achievement, as it took the physiological, psychological, physical, mental, technical aspects and all other aspects

related to the development of sports performance.

The training requirements are related to the type of sports activity, whether it is individual or group. Individual games are specific to their requirements with the individual athlete, and his capabilities must be developed according to the activity he practices. In the team and general requirements related to the team as a whole. The game of basketball is among the games that occupies advanced positions in its importance among sports games in the world, and in some countries it occupies the first place in interest and development, and it continues to develop in all directions and goals Sports and training experts seek to create new skillful and tactical dimensions that add to them excitement, creativity and splendor in performance. Accordingly, in order to reach the goals of training, improve and modify them

sometimes, it is necessary above all that Studying the reality of the state of the game and identifying the validity of training in a particular community in order to reach strengths and weaknesses, which appear through studies of reality and comparisons between institutions operating in that community to identify the validity of the training they follow, and thus obtain a clear picture of the overall training also, and then to the preparation of plans and training methods that lead to the development and improvement of training and its modification sometimes in institutions specialized in the game of basketball, and accordingly, the importance of research in being a study of the reality of the game of basketball in some sports institutions specialized in the game in Baghdad to obtain the necessary data to identify the extent to which these training centers follow the correct methods in training in terms of important physical, motor and skill aspects, and by comparing their results in these aspects.

The research problem lies in the experience of establishing training centers specialized in sports, including basketball, from the very successful steps and experiences to develop the game, especially as it cares about early ages in its work in order to start with a correct start in the process of building and developing the player. Until the beginning of basketball, a clear number of talents appeared that had an impact on the game and the results of the teams that participate in it, especially since the most important duties of these training centers is to manufacture sports talent, and therefore this matter is a real problem that needs to study the reality of the players participating in this centers and go further with comparative studies between different aspects to obtain results that show the strengths and weaknesses of work and the validity of training and what are its shortcomings in order to improve and modify training and put it in the right way. The research aims to identify the level of variables

Physical, kinetic and skillful for players in specialized basketball centers, identifying the differences in the level of physical, kinetic and skill variables for players in training centers specialized in basketball, identifying the best training centers in the level of skill Physical, kinetic and skill changes for players.

And the research hypotheses, there is a certain level of the physical, motor and skill variables for the players of the training centers specialized in basketball, there are statistically significant differences in the level of the physical, motor and skill variables of the basketball players in the specialized training centers, there is a preference for the level of the variables under study for one training center over another.

Method and procedures:

Research Methodology The researchers used the descriptive survey method to suit the nature and requirements of the research.

Research community and sample: The research community was selected from the players of the specialized training centers for basketball in Baghdad, which is the Sports Talent Specialized Center for Basketball / Ministry of Youth and the Training Center for Basketball in Baghdad Education / Al-Rusafa 1 and Al-Adhamiya and Al-Sulaikh Clubs. The deliberate selection of the training centers and the sample at the same time, as the number of the sample was (54) players, at a rate of (18) players for each training center. The sample and the specialized centers were chosen for the following reasons:

- 1.The stability of the exercises in these centers.
- 2.The stability of the training staff.
- 3.Stability of official posts in various competitions.
- 4.The training staff cooperated with the researcher.
- 5.Availability of supplies and tools necessary to complete the research.

Research tools and means of collecting information The researchers used the tools and means available and necessary for their research procedures, which are as follows: personal interviews, Arab and foreign sources, school papers and stationery, electronic stopwatches, adhesive tapes and various tools, a modern electronic calculator (DELL).

Used Tests: The researchers chose the appropriate tests for the nature of his research and its requirements according to their goals that they seek to achieve in solving their problem, and they were as follows:

1. Speed endurance test: (4)
2. Defensive movement speed test: (4)
3. Motor response time test: (6)

The main experiment: The researchers conducted the tests that they chose, which are related to his study and its objectives, in appropriate temporal and spatial conditions, and through an assistant work team that was trained on how to implement these tests while ensuring the accuracy of recording their results. Basketball in the Ministry of Youth and Sports on 10/20-22/10/2022 AD, sample tests of the Training Center in Baghdad Education on 10/26/24/2022 AD, sample tests for Adhamiya Sports Club and Al-Sulaikh on 10/28-30/2022 AD, and with the same temporal and spatial conditions, which are identical in their specifications for the three groups.

Results:

Table (1)

shows the results of the arithmetic mean and standard deviation of the research variables and for the three groups

Tests	Talent Center		Rusafa Education		calculated T	
	Arithmeti c mean	standard deviation	Arithmeti c mean	standard deviation	Arithmeti c mean	standard deviation
Carry the power characteristic of speed	22,410	1,862	16,688	2,173	17,844	1,792
Defensive skill performance	3,682	0,855	4,383	0,833	4,709	0,941
motor response	1,779	0,562	2,364	0,772	2,163	0,768

Table (2)

shows the results of the analysis of variance and the groups of squares between and within groups for the three research groups

sources of contrast	groups of squares		Means of squares	F value	Significance	significant
Carry the power characteristic of speed	between groups	292,984	146,492	38,547	0,000	Sign
	Inside groups	171,017	3,800			

Defensive skill performance	between groups	8,812	4,406	5,722	0,006	Sign
	Inside groups	34,649	0,770			
motor response	between groups	2,820	1,410	2,815	070'0	Unsign
	Inside groups	22,540	0,501			

Below a significance level of 0.05 and a degree of freedom (2,45).

Table (3)

Shows the results of the least significant difference LSD test for comparison between the three groups of tests that showed significant differences

dependent variables	Groups	Arithmetical mean	Group	Arithmetical mean	medial difference	Sig.	significant
Carry the power characteristic of speed	1Group	22,410	2Group	16,688	5,72250	0,000	Sign
	1Group	22,410	3Group	17,844	4,56625	0,000	Sign
	2Group	16,688	3Group	17,844	1,16-	0,100	Sign
Defensive skill performance	1Group	3,682	2Group	4,383	-7,0125-	0,000	Sign
	1Group	3,682	3Group	4,709	-1,02688-	0,000	Sign
	2Group	4,383	3Group	4,709	0,33-	0.300	Unsign

Discussion:

With regard to the force endurance test distinguished by speed, when comparing between the first and second groups, we find that the differences were statistically significant in favor of the first group, while when comparing between the first and third groups, the results proved that the differences were statistically significant in favor of the first group, but when comparing between the second group and The third group (3), the results proved that there are no significant differences between the two groups, and thus the first group is the best group in this test, and then the second and third groups come at the same level (2)

As for the defensive skill performance, when comparing between the first group and the second group, the differences were

statistically significant in favor of the second group, while between the first and third groups, the results proved that the differences were statistically significant in favor of the third group, and when comparing between the second and third groups, the results proved that there are no significant differences between the two groups, and thus the second group is the best group in this test, and the second and third groups come last (10).

As for the motor response test: the value of the one-way contrast test was (2,815), and the significant Sig was (0,070), and since the value was greater than the significance level of (0,05), this indicates that there are no significant differences between the three groups.

The development of the Specialized Talent Center in basketball, the first group, and its superiority in the endurance test of the

strength distinguished by speed over the second and third groups (training center / Rusafa education 1 and clubs), the researchers attribute to the fact that the training program for this group contains organized physical training in the aspect of this variable, which It is a combination of basic physical elements organized in one physical variable that is related to the preparation of the basketball player according to the requirements of the game, as it plays with a close competitor and continues to compete throughout the periods of play, and this certainly requires more of the element of strength, speed and endurance that must be characterized by it. The basketball player for the durability of the skillful and tactical performance throughout the playing period and with high quality (5).

As for the defensive skill performance test, the results showed the superiority of the two groups (the second and the third) over the first group in this variable, which confirms the emphasis on training in these two groups on the aspects of defense in the training units, and this is certainly considered positive if it is parallel with the offensive preparation and is accompanied by the preparation of Good physical (8), where the player can achieve this defensive performance in the best way during the game, so in many cases the player has defensive duties related to highlighting his capabilities in an area or with the attacker responsible for him, or he must take the appropriate position and place to help his colleagues in perfecting their presence. (10)

As for the motor response time test, the results showed that there were no statistically significant differences between the three groups, and this result indicates that the three groups will have a similar level in this variable. The sources indicate that this variable indicates the player's ability to respond to a specific stimulus (competitor) in the fastest possible time (7), and it is also the

period between the excitement and the appropriate full answer in the shortest time.

The similarity in the level and the randomness of the differences came as a result of a lot of playing practice that leads to the player's skill development and tactical development, but at rates that are not high, and that his ability to perform for a long time and his quality also depends on the physical preparation that guarantees skillful and tactical performance for longer periods and With the same efficiency, and this was linked to the results of the first group (Specialized Talent Center / Ministry of Youth), as after reviewing the results of this group, it showed that he ranked first in the successive seasons in the official tournaments and for the same ages. As in basketball and its many requirements, which must be linked to the quality of performance for the length of periods of play, the importance of the physical aspect appears in its impact on performance and results (1).

Conclusions:

In light of the results obtained by the researchers, they reached the following conclusions:

Significant differences appeared between the three groups in the speed endurance test, as well as significant differences between the first and second group, in favor of the first, in addition to the presence of statistically significant differences between the second and third, and the preference was given to the first group, which is the specialized talent center in basketball over both groups.

In the defensive skill performance test, it appeared that there were significant differences between the first and second groups, in favor of the second group, in addition to the existence of significant differences between the first and third groups, in favor of the third, and the absence of

significant differences between the second and third groups, i.e. the superiority of the second and third groups. Over the first, and therefore preference in this selection is for the second group (Training Center / Rusafa Education 1, and the third for clubs) over the first group (The Specialized Talent Center for Basketball).

In the motor response time test, the results showed that there were no significant differences between the three groups, and after reviewing the results of these groups in the official competitions, it showed that the first group is the best in achieving the first positions repeatedly.

The results showed the importance of the physical aspect in assigning motor and skill variables to obtain the best performance during the competition and by reviewing the results of the official groups.

Recommendations:

In light of the conclusions that emerged, the researchers recommend the following:

Adopting the results of the research and distributing them to the specialized training centers approved in the research and other centers to benefit from them in re-evaluating the training and evaluating it for the better.

Taking into account good physical preparation and facilities for skill preparation to obtain a better performance throughout the playing periods.

Adopting the method of analytical and comparative studies as one of the means of evaluating the work of trainers on their teams working with them, as it is a means that gives real results.

Preparing similar studies on other age groups. The generalization of the study to sports institutions benefiting from this specialization.

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دراسة مقارنة لمستوى متغيرات بدنية و مهارية و حركية لمراكز تخصصية بكرة السلة في بغداد

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تحددت أهمية البحث في كونه دراسة عن واقع مستوى بعض المتغيرات البدنية و المهارية و الحركية للمراكز التخصصية في بغداد و ما هي فروقات التدريب بهذه المتغيرات فيها ، حيث تحددت المشكلة في قلة الدراسات التي تعطي واقعا حقيقياً للتدريب هذه المتغيرات و بيان اسباب قوتها و ضعفها ، و تحددت اهداف البحث في التعرف على مستوى المتغيرات و التعرف على الفروق بينها لدى المراكز التدريبية بالاضافة الى التعرف من الافضل في النتائج ، و كان مجتمع البحث هو لاعبين المراكز التدريبية المتخصصة في بغداد بأعمار (2008-2010م) و كان عدد العينة (54) لاعب ، و قد أتبع الباحث المنهج الوصفي بالاسلوب المسحي ، و أستعمل الباحث (3) أختبارات تتناسب و متطلبات البحث ، و قد توصلت الدراسة الى عدة استنتاجات أهمها هناك أفضلية لمركز الموهبة التخصصي / وزارة الشباب عن مجموعة المركز التدريبي في الكرخ و الاندية بدلالة أحصائية في أختبار تحمل القوة المميزة بالسرعة

ملخص البحث

متغيرات بدنية ، كرة السلة

الكلمات المفتاحية