



IMPACT OF STRENGTHENING EXERCISES AND TRAINING FOR SKILL SPECIFIC ON PERFORMANCE VARIABLES AMONG HIGH SCHOOL LEVEL BOYS BASKETBALL PLAYERS

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ABSTRACT

This study attempts to determine how high school level boys basketball players' performance variables are affected by a strengthening exercise and training for skill specific. To meet the research goal, 30 basketball players from Dr. M R Sports Academy in Bangalore, Karnataka, were chosen as participants. The participants ranged in age from 14 to 16. After that, the participants were separated into two separate Batches of fifteen. Batch I got strength training with targeted skill development, while Batch II served as the Control Batch (CG). 3 days per week are allotted to training for a maximum of 6 weeks. AAHPERD's men's basketball skill test was used to evaluate the chosen Subjects. The dribbling, passing, and shooting skills both before and after the training session were recorded. The information gathered was statistically examined utilizing a dependent 't' test. According to the study's findings, high school level boys basketball players' dribbling, passing, and shooting skills have significantly improved.

KEYWORDS: Basketball, Dribbling, Passing, Shooting, Strengthening Exercises, Training for Specific Skills.

INTRODUCTION

In terms of player engagement and spectator sports, basketball is among the most well-liked sports in the world. It moves quickly and aggressively. It is considered a hard game since it requires a high level of athleticism, intellect, and mental alertness. Balance, relaxation, and protection are the core qualities necessary for all basketball fundamental motions. The capacity of a player in possession of the natural movements and mastery of fundamental movements will be a resource for mastering the game in which one is involved. The game of basketball is the fastest game conducted on a time basis. This is one of the reasons why this game has become one of the most popular sports in the world. Basketball, which originated in America and is most popular there, has now become a game of international renown. It is popular almost everywhere in the world. Basketball is a game comparable to that played by the Mayas of Mexico in ancient times. Dr. James Naismith created basketball in 1891. In the year 1892, the inaugural tournament was held. In the United States, the first professional league was created in 1899. Previously, a football was used. By 1941, it had been replaced with the modern molded ball. The courts have also changed dramatically. In the beginning, the courts were small and irregular. The national joint rules committee was founded in 1915 to establish a uniform code governing the game.

“STATEMENT OF THE PROBLEM”

The objective of the research was to examine the consequences of integrating strength training with specific skill training on performance attributes in high school level boys basketball players.

HYPOTHESES

- It was assumed that mixing strength and particular skill training would result in significant gains in determined skill performance characteristics of secondary school Level male child Basketball sports persons.
- It was hypothesized that because it improved the skill performance characteristics, players who received a mix of strength and particular skill training would outperform players who practiced conventional play.

METHODS

Experimental approach of the problem

30 high school level boys basketball players from Dr. M R Sports Academy in Bangalore, Karnataka, were chosen at random from a volunteer response to test the hypothesis given here. The individuals were split into two Batches (n=15), with Batch I undertaking strengthening exercise along with training on skill specific and Batch II acting as the control Batch (CG). With particular skill training Batch practiced Passing, dribbling, shooting routines for 6 weeks. Batch I got dribbling, shooting, and passing routines following the Pre-test, whereas Batch II received no instruction and proceeded with their daily activities.

Training Program

The training programme included Strengthening Exercises and Specific Skill Training. The 45-minute training session was completed. At the time of coaching, subjects were given a mixture of Strengthening Exercises and Training for skill specific on three different days per week (Tuesday, Thursday, and Saturday).

Stage I

The individuals were given an 8-minute warm-up throughout the first and second weeks of Strengthening Exercises and Training for Specific Skills. Strengthening workouts include 10 squads, 30 second planks, and 10 leap and sits. Each exercise had four repetitions.

Specific skills training, such as low ball dribble and 2-man chest pass. Each skill had two repetitions. The practise concluded with an 8-minute warm-down.

Stage II

During the third and fourth weeks of Strengthening Exercises and Training for Specific Skills, the individuals were given a 10-minute warm-up. Strengthening workouts included 15 squads, 30 second planks, and 10 leap and sits. Each exercise had six repetitions.

Drills for specific skill development include the medium ball dribble, over the chair dribble, 3-man pass, and chest pass. Each skill had four repetitions. The practise concluded with a 10-minute warm-down period.

Stage III

During both the fifth and sixth weeks of Strengthening Exercises and Training for Specific Skills, those who participated were given a 12-minute warm-up. Strengthening workouts included 20 squads, 45-second planks, and 15 leap and sits. Each workout had eight repetitions.

Crossover Ball Dribble, zig-zag dribble, and 5-man pass are specific skill training workouts.

Each skill had six repetitions. The practice concluded with a 12-minute warm-down period.

Statistical Analysis

The results of the dependent 't' test were tabulated at the end of the research to assess the mixed impact of strengthening exercise and specialized training on skill of dribbling, shooting, and passing variables. The statistical importance threshold was chosen as the level of confidence (P 0.05) in all cases.

RESULTS

Table 1: Assessment of the 't' ratio among the Experimental Batch's before test and after test averages on skill variables.

Experimental Batch					
Skill Variables	Before and After Test	M	SD	SEM	't' Ratio
Dribbling	Pre - Test	11.74	2.06	0.27	7.26*
	Post - Test	9.79	1.55		
Passing	Pre - Test	17.14	2.98	0.26	11.62*
	Post - Test	16.12	3.12		
Shooting	Pre - Test	19.67	2.98	0.50	8.33*
	Post - Test	21.79	3.08		

*Importance at 0.05 level of confidence

M - Mean

SD - Standard Deviation

SEM - Std Error Mean

Table 2: Assessment of the 't' ratio between the control Batch's Before and after test means on skill factors.

Control Batch					
Skill Variables	Before and After Test	M	SD	SEM	't' Ratio
Dribbling	Pre - Test	12.74	1.34	0.27	1.48
	Post - Test	14.33	1.28		
Passing	Pre -Test	19.30	2.38	0.43	1.88
	Post -Test	18.47	2.05		
Shooting	Pre -Test	23.27	3.11	0.42	1.30
	Post -Test	23.81	3.26		

Significant at a level of confidence of 0.05

DISCUSSION OF FINDINGS

The findings of the research revealed that combining strength training with particular skill training enhanced performance factors such as dribbling, passing, and shooting considerably. The changes in the specified metrics were ascribed to appropriate planning, preparation, and implementation of the players' training programme. The mixture of strengthening exercise with particular training on skill is an excellent training method that has been shown to benefit school level boys basketball players. To study the Strengthening Exercises and Training for Specific Skills of the 30 school level basketball

players, specific strengthening exercises such as squats, planks, jump and sit ups were given to the subject to improve their strength and fitness. Specific skill drills such as low ball dribble, 2-man chest pass, medium ball dribbling, over the chair dribble, 3-man pass Chest pass, crossover ball dribble, zig-zag dribble, and 5-man pass were employed to develop their basketball skills. The study showed that the control batch did not show any significant improvement.

DISCUSSION ON HYPOTHESES

The 1st hypothesis proposed a combination of strengthening exercise and particular skill-related training would result in substantial improvements in chosen performance characteristics of High School Level Boys Basketball Players. The study's findings reveal that targeted skill training enhanced performance factors considerably. As a result, the investigator's original hypothesis was approved.

The second hypothesis proposed that when it comes to improving performance factors, the performance of players is affected by a mix of strengthening exercise and training for skill specific. Study on players revealed that they receive particular skill instruction outperform traditional players. As a result, the investigator's second hypothesis was accepted.

CONCLUSIONS

According to the results and the parameters of the study, it was found that combining strengthening exercise and particular training on specific skills helped high school grade boys basketball players enhance their dribbling, shooting, and passing abilities. After six weeks, the selected criterion variables of a combining strengthening exercise and particular training on specific skills Batch of High School grade Boys Basketball sportsman showed progressive growth. It also assists in the development of Passing, dribbling, shooting skills.

The individual combining strengthening exercise and particular training on specific skills showed a positive sign on performance characteristics of High School Level Boys Basketball Players over the course of the treatment period.

The individualized impact of the control Batch on performance attributes of High School Level Boys Basketball Players was judged to be statistically minimal during the course of the study. The comparative effects results indicate that the combining strengthening exercise and particular training on specific skills Batch improved skill variables of High School grade Boys Basketball sportsmen more significantly than the control Batch.

RECOMMENDATIONS

- It is advised that high school level boys basketball players utilize a combination of strengthening exercise and training for specific skill in their training programme to increase their skills and skill performance.
- Related studies for players at various school levels can be done.
- The coaching curriculum should be utilized as the first method of skill training for any sort of skill growth plan.

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