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Effects of specific skill practices on selected skill performance variables of adolescent female basketball players

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Abstract

The study was designed to investigate effects of specific skill practices on selected skill performance variables of adolescent female basketball players. To investigate the study, thirty female basketball players selected from Kalveerampalyam higher secondary school Coimbatore. The aged ranged between 14 and 17. The experimental group underwent specific skill practices for the period of twelve weeks and control group was not given any form of training apart from their regular activity. The data analysis was conducted using the dependent 't' test and confidence level of 0.05 was used to determine statistical significance ($p < 0.05$). The result indicates that there was a significant improvement over dribbling and field goal speed due to the effect of twelve weeks of specific skill practices.

Keywords: Specific skill practices, dribbling and field goal speed, adolescent basketball players

Introduction

Specific skill practices are a crucial aspect of sports training and involve the deliberate and structured repetition of sport-specific movements and techniques to improve proficiency and performance. It involves the development of physical and mental abilities that are essential to excel in a particular sport. In sports, there are various skills that athletes need to master to achieve success, such as ball handling, shooting, passing, dribbling, tackling, and blocking, to name a few. Specific skill practices involve breaking down these complex movements into smaller components and practicing them repeatedly until they become automatic. This type of training can take many forms, including drills, simulations, and situational exercises, and is usually tailored to the specific needs of the athlete and the sport. The goal of specific skill practices is to improve an athlete's efficiency, speed, accuracy, and overall performance, helping them to perform at their best during competition.

Methodology

The study was designed to investigate effects of specific skill practices on selected skill performance variables of adolescent female basketball players. To investigate the study, thirty female basketball players selected from Kalveerampalyam higher secondary school Coimbatore. The aged ranged between 14 and 17. The experimental group underwent specific skill practices for the period of twelve weeks and control group was not given any form of training apart from their regular activity. The data analysis was conducted using the dependent 't' test and confidence level of 0.05 was used to determine statistical significance ($p < 0.05$). This basketball test and aim of measuring the dribbling. The test items of Johnson basketball test. The score is equal to covered in seconds. This basketball test and aim of measuring the Field goal speed. The test items of Johnson basketball test. The score is equal to covered in points.

Table I: The t- ratio for adolescent female basketball players on skill performance variables

Variable	Groups	Pre mean	Post mean	SD	SEM	t-ratio
Dribbling	EG	8.13	9.26	0.51	0.13	8.50*
	CG	7.13	7.33	0.41	0.10	1.87
Field goal speed test	EG	12.80	14.80	0.53	0.13	14.49*
	CG	12.46	12.73	0.59	0.15	1.74

(Significance at 0.05 level of confidence for df of 14 is 2.14)

Mean standard deviation and t-value were calculated for each outcomes measure can be found in Table-I. The result shows that the pre-test mean values of specific skill practices and control group (8.13& 12.80) (7.13 & 12.46) respectively and the post-test mean values are (9.26 & 14.80) (7.33 & 12.73) respectively. The obtained dependent t-test value on dribbling ($t=8.50^*$), field goal speed test ($t=14.49^*$) specific skill practices. The table value required for significant difference with degrees of freedom 14 at 0.05 level of confidence. The obtained 't' test value of specific skill practices was greater than the table value 2.14. The results clearly indicated that the dribbling and field goal speed of the specific skill practices improved due to the impact of specific skill practices on adolescent female basketball players.



Fig 1: Bar diagram shows the mean values of on dribbling adolescent female basketball players



Fig 2: Bar diagram shows the mean values of on field goal speed Adolescent female basketball players

Discussion on findings

The results of the study indicate that the specific skill practices group significantly improved skill performance variables such as namely dribbling and field goal speed. Further, it was observed that the improvement caused by the specific skill practices was greater than that of the control group. The influence of basketball dribbling on repeated sprints. With the increasing trend of specializing training at

early ages, knowledge of youth training and talent identification and development has been emphasized over recent years. From the viewpoint of practical training, basketball coaches tend to combine fitness training with the practice of sports-specific skills at the same time. If dribbling a ball does not reduce running speed, training with a ball can be an alternative to fitness training because dribbling is one of the most enjoyable basketball fundamental. Meckel, (2009) [1].

It revealed that there were significant differences found on the performance (dribbling and speed shot) of school national level basketball players. In case of control group, there was no significant difference found. But in experimental group, the plyometric training significantly affected the performance of school national level basketball players. The probable reason could be due to neuro-muscular adaptations, such as increased inhibition of antagonist muscles as well as a better activation and contraction of synergistic muscle or increase in muscle fiber size (Gollnick, 1981; Thorstensson, 1976) [14, 15].

Conclusions

It was concluded that the 12 weeks of specific skill practices improved in skill performance variables such as namely dribbling and field goal speed adolescent female basketball players.

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