THE IMPACT OF RAPID STRENGTH EXERCISES IN THE DEVELOPMENT OF SOME OFFENSIVE SKILLS BASKETBALL IN THE YOUNG PLAYERS

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ABSTRACT

Included the research four doors contained the first section on the introduction of research and its importance and was addressed one of the most important components of preparation for the team and upgrading the level of sports in sports, including basketball is physical numbers and it needs to develop the qualities of strength and speed, to make the performance effective and ideal, so the rapid force began to take the first role and the basis in the development of the art of performance for the basketball player, and improve his level, Especially for the shooting skill in basketball. Between positive and negative and between one type and another (peaceful and correction of stability and correction from jumping) and this is evident through failed attempts to correct which made attention to solving this problem and the goal of research to determine the impact of the rapid force exercises in the skill of shooting in basketball. On a sample of (14) players, she conducted tribal and remote tests and provided the proposed exercises of the research sample to obtain the results, and the conclusion that adoption of rapid strength exercises in the development of shooting skill in basketball in players. The researcher recommended the adoption of rapid strength exercises in young players.

I. DEFINITION OF RESEARCH

Research introduction and importance

Basketball is one of the games that are widely practiced as it occupies an advanced position among sports, and today it has become very distinguished and integrated performance, which made those who practice it have a desire for integrated and creative performance, as it is a mixture of various and different skills, whether these skills are offensive or Defensive. The foundations that must be met for the success of the training process in general and basketball in particular are focused on developing training curricula based on scientific foundations in terms of successful numbers, whether it is the preparation of skills or plans, as the basis for raising the athletic level in sports, including basketball, is the physical numbers that are formed of the general and private numbers that are focused using correct scientific training methods consistent with the element to be developed, whether physical or skillful, as the trainer must be successful in choosing the appropriate method for the form of training in which he works, which can be used from the rest of the other methods in order to develop and improve any element of success. The quick power is one of the most important elements of the basketball player's physical numbers, as it contributes effectively and decisively along with the rest of the other elements to the success and improvement of the basketball player's level in terms of skillful performance, so fast strength began to take the first and basic role in developing the performance art of the basketball player, and improving His level, and especially the shooting skill in basketball, it is one of the offensive skills, but rather the basis of the offensive skills in the game, as all skills must end by shooting through the opponent's basket, and it is the final outcome of the outcome of the match, and it can be said that the qualities of strength and speed will be the direction and the new direction. In the future for a basketball player, because the time it takes to implement sports movements is much less time to think, as it requires special physical abilities aimed at achieving the best levels during matches, hence the importance of these skills as the key to offensive skills in basketball the integration of its performance depends on the adaptations that are achieved through the field application of various exercises and in a scientific way for different types of prepared exercises. The importance of research in preparing rapid force exercises to develop some offensive skills is highlighted. Quick strength training is one of the important methods through which a trainer can develop and develop strength. Muscularity in athletes, which
can be considered one of the basic physical characteristics that play an important role in improving the speed of movement and thus the offensive skills of basketball.

Research problem

Through the researcher's practice of basketball, playing and training, and its continuous follow-up to various tournaments, especially young players and basketball teams. I noticed there was a fluctuation in the level of shooting performance and its various types. What is between positive and negative and between one type and another (peaceful and correction from stability and correction from jumping) and this is evident through failed attempts to aim, in some types of correction and for some players, and from here the research problem arose as this indicates weakness in the training side, physically or skillfully, despite From the coaches' focus on correcting the training units, which made it necessary for the researcher to study this problem and work to find a solution to it by preparing quick strength exercises in order to raise the physical ability of the players during the application of skills.

Scorers

1. Preparing quick strength exercises for basketball players.
2. Recognizing the effect of rapid strength training on some functional variables, motor abilities and offensive skills of basketball players.

The two research hypotheses:

1. The presence of statistically significant differences between the results of the pre and post tests for the experimental and control groups and in favor of the posttest group.
2. The presence of significant statistical differences between the results of the post-tests between the experimental and control groups in some offensive skills and in favor of one of the groups.

Research areas:

1. The human sphere: A group of players for the basketball teams affiliated with the Education Al-Karkh First Ministry of Education
2. Time domain: the period from 11/22/2020 until 4/28/2021
3. The spatial domain: Baghdad - the inner hall of the First Al-Karkh Education Directorate - Al-Mansour

Research Methodology:

The method, in scientific research, is a method of collecting information and data, in order to reach a conclusion to solve a problem, and it is "the scientific path that the researcher takes in solving his research problem. The nature of the problem imposes a specific approach to reach the truth(1). Therefore, the researcher found that the nature of the problem that was addressed by adopting a specific type of research method and the most appropriate approach that can be used to solve the current research problem and reach the achievement of its objectives and obtain reliable scientific results is the experimental approach in dealing with the research problem, and the use of experimental design is the method of the two equal groups of experimental and control with the two pre-tests And dimensional

Research Society and its Specimen:

The selection of the sample is related to the community from which it is taken, as the sample is "that part of the community on which the tests are conducted, and under scientific rules and methods as the community is properly represented(. 2)Since the research community was determined by the intentional method, the Baghdad Basketball Education Directorates Teams, the research community was determined by the intentional method, and they are the young basketball players. The sample was divided into two groups by the random method, which is the first Karkh education team for basketball by lot and their number (14) players were divided into two groups. By lottery (experimental group and control group) of those who practice daily exercises.

Homogeneity of the research sample:
Table (1) the homogeneity of the research sample is indicated in some anthropometric measurements

<table>
<thead>
<tr>
<th>Coefficient of torsion</th>
<th>For standard deviation</th>
<th>Mediator</th>
<th>Arithmetic mean</th>
<th>N</th>
<th>measuring unit</th>
<th>Variables</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.175</td>
<td>3.655</td>
<td>180.5</td>
<td>179.85</td>
<td>14</td>
<td>cm</td>
<td>Length</td>
</tr>
<tr>
<td>0.748</td>
<td>5.019</td>
<td>72.5</td>
<td>72.500</td>
<td>14</td>
<td>Kg</td>
<td>the weight</td>
</tr>
<tr>
<td>0.748</td>
<td>0.441</td>
<td>17</td>
<td>16.942</td>
<td>14</td>
<td>Year</td>
<td>Age</td>
</tr>
</tbody>
</table>

Normal distribution of the sample:

Table (2) the normal distribution of the sample in some research variables

<table>
<thead>
<tr>
<th>Coefficient of torsion</th>
<th>For standard deviation</th>
<th>Mediator</th>
<th>Arithmetic mean</th>
<th>N</th>
<th>measuring unit</th>
<th>Variables</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.113</td>
<td>0.730</td>
<td>7.00</td>
<td>6.928</td>
<td>14</td>
<td>Point</td>
<td>Shoot from stability</td>
</tr>
<tr>
<td>0.382-</td>
<td>0.997</td>
<td>14</td>
<td>13.928</td>
<td>14</td>
<td>Point</td>
<td>Shoot by jumping</td>
</tr>
<tr>
<td>0.029-</td>
<td>0.578</td>
<td>8.0</td>
<td>7.785</td>
<td>14</td>
<td>Point</td>
<td>Peaceful aiming</td>
</tr>
</tbody>
</table>

It is noticed from Table (1 and 2) that the values of the torsion modulus were between(± 1) All of them and this indicates the homogeneity of the research sample in the variables referred to in the table, which are within the normal curve.

Equivalence between the two groups:

One of the requirements for the experimental design of this study is to identify the initiation line between the two research groups in the tribal tests, so parity of the sample (the experimental and control groups) was performed in the pre-tests of the research variables and by extracting a value ) TIt turns out that all the results are not significant, and this indicates that the sample is equivalent and in one starting line to start the main experiment, and as shown in Table (3).

Table (3) it shows the parity between the two research groups, experimental and control

<table>
<thead>
<tr>
<th>Indication of differences</th>
<th>Values t Calculated</th>
<th>The experimental course</th>
<th>Control Authority</th>
<th>measuring unit</th>
<th>Variables</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>P</td>
<td>s</td>
<td>P</td>
<td>s</td>
<td>Point</td>
</tr>
<tr>
<td>random</td>
<td>0.444</td>
<td>0.992</td>
<td>0.899</td>
<td>14.142</td>
<td>1.112</td>
</tr>
<tr>
<td>random</td>
<td>0.290</td>
<td>1.108</td>
<td>0.690</td>
<td>7.142</td>
<td>0.755</td>
</tr>
<tr>
<td>random</td>
<td>0.175</td>
<td>1.441</td>
<td>0.577</td>
<td>8.0</td>
<td>0.534</td>
</tr>
</tbody>
</table>

Degree of freedom (n-2) = 12 and the level of significance (0.05)

The values of the (T) test calculated for the search variables between the experimental and control groups in the pretest were all randomized for the differences in the research variables in the pretest, which indicates the parity between the experimental and control groups.

Information gathering methods, tools and devices used in the research:

Methods of collecting means of information:

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The tools used in the research:

- Casio electronic stopwatch count (2).
- Various training funnels.
- Baffles
- Jumping boxes
- Lactation
- Iron device
- Legal basketballs (6 count)
- Medical scale.
- Computer type (Dell).
- Whistle

Steps to conduct the research:

Tests used in the research:

The peaceful scoring test (3):

- The purpose of the test: To measure the accuracy of peaceful scoring.
- Necessary equipment: basketball court, basketball goal, whistles to give the start signal.
- Number of attempts: Each player is awarded (10) attempts.
- Calculation of points: The player is awarded one point for each successful goal-setting, where the highest points that the player can collect are (10) points.

Scoring test of stability (4):

- The purpose of the test: to measure the accuracy of scoring from stability.
- Necessary tools: the basketball court.
- Basketball goal

The number of attempts: the player shoots the ball on the basket in three groups, each group of (5) consecutive shots from the middle of the free throw range and on both sides, and each player gives one suitable period between each group.

Calculation of points: Two degrees are counted for every ball that enters the basket, one score for each ball that touches the ring and does not enter. As for the laboratory scores, it is equal to the total points that you get in the fifteen attempts, noting that the maximum score is 30 degrees.

Aiming test by jumping from under the basket (5):

The purpose of the test: to measure accuracy of scoring from under the basket.

Necessary tools: basketball, basketball goal, stopwatch.
**Number of attempts:** Give each player two attempts.

**Scoring:** One score is calculated for every ball that enters the basket, the total score the player gets in each attempt is calculated, and the player’s scores for the best attempt are calculated within (30) seconds.

**Field Research Procedures:**

**Exploratory Experience:**

The exploratory experience is a "practical training for the researcher to find out for herself the negatives and positives that are encountered during the test in the future (6). Therefore, the researcher conducted an exploratory experiment on (Monday) on (11-23-2020) on a sample of three players outside the main sample, with the aim of which was to identify the obstacles that the researcher would face in tests and measurements to avoid them.

**Pre-tests:**

The researcher worked with the assisting team (7) those who were approved by the researcher to conduct the tests and they are holders of higher degrees in physical education and sports sciences and have practical experience working in the Ministry of Education to conduct pre-tests on the research sample for two days (Monday - Tuesday) on (23-24/ 11/2020) using the tests approved in the research and my agencies:

**The main experiment (rapid strength training):**

The researcher conducted the main experiment on Sunday (11/29/2020) and completed it on Sunday 24/2/2021) and for a period of (8) weeks, rapid strength exercises were applied during two units of the team's training per week to train the strength element (Sunday And Thursday) during the main part of the training and the number of training units in the main experiment reached (16) training units and the researcher's work within the main section with a time ranging between (20-50) minutes from the time of the main section to train the team

- The use of rapid performance for a short time in developing the force characterized by speed
- The specificity of training with muscle work is that the performance time is for several seconds (between 1-15 seconds)
- The level of performance velocity is from 80% -95% of the maximum potential of the muscle at speed of performance
- Training through weights
- Multi-gym exercises
- Use Barriers. And the stairs bounce back jogging

**Plyometric exercises, deep jumping**

Diversification and change in exercise performance between one training unit and another training works to develop the ability of the muscle or muscles to the possibility of moving from tension to relaxation or vice versa as quickly as possible (i.e., the speed of performance)

- Exercise is continued for periods that do not lead to muscle fatigue
- The level of the resistors ranges from 10% to 80% of the maximum potential of the athlete or the relative potential of the part.
- And by using body weight, resistance to jumping exercises
- The groups were determined to be from (2-5A set for each exercise

<table>
<thead>
<tr>
<th>Speed of movement performance</th>
<th>Comforts</th>
<th>Repetition</th>
<th>The intensity of the resistance type</th>
<th>Work system</th>
</tr>
</thead>
</table>

Table (4) it shows the working system and the type of resistance
The sample underwent two intermediate training sessions, each department consisting of four weeks.

The formation of the monthly pregnancy is 1: 3, i.e. 3 weeks of rise and one week of decline.

Rapid strength exercises were applied to the experimental group in the special preparation period.

The control group: This group will use the exercise system used by the coach of the team.

**Dimensional tests**

The researcher, together with the assistant work team, conducted the post tests on the research sample for two days (Sunday - Monday) on (2/28/2021) (1-3-2021), taking into account the same circumstances related to the pre-tests.

**Statistical means**

The researcher used statistical methods through the statistical bag (SPSS). The statistical packages for social systems and using the relevant statistical laws:

- Arithmetic mean
- Mediator
- Coefficient of torsion
- Standard deviation
- \((T)\) test for the significance of the differences between the averages of the unrelated samples
- \((T)\) test for the significance of the differences between the averages of the correlated samples

Presentation and analysis of the offensive skills results of the control sample.

Table (5) shows the arithmetic mean, standard deviations, differences and \(t\)-value Al-Muhtasibah for the first experimental group in the search for pre and post tests.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Shoot by jumping</th>
<th>Jogging</th>
<th>Stairs bounce off jogging</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoot by jumping</td>
<td>Moral</td>
<td>0.000</td>
<td>6.971</td>
</tr>
<tr>
<td>Jogging</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stairs bounce off jogging</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| The sample underwent two intermediate training sessions, each department consisting of four weeks |
| The formation of the monthly pregnancy is 1: 3, i.e. 3 weeks of rise and one week of decline |
| Rapid strength exercises were applied to the experimental group in the special preparation period |
| The control group: This group will use the exercise system used by the coach of the team |
At a degree of freedom (6) and a fault level (0.05)

**Presentation and analysis of the offensive skills results of the experimental sample.**

Table (6) shows the arithmetic mean, standard deviations, differences and values Al-Muhtasibah for the experimental group in the search for pre and posttests.

<table>
<thead>
<tr>
<th>Variables</th>
<th>measuring unit</th>
<th>Error level</th>
<th>Values t Calculated</th>
<th>P, P</th>
<th>Then</th>
<th>Post test</th>
<th>The pretest</th>
<th>P</th>
<th>s</th>
<th>P</th>
<th>s</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoot from stability</td>
<td></td>
<td>moral</td>
<td>0.000</td>
<td>7.774</td>
<td>0.534</td>
<td>1.571</td>
<td>0.487</td>
<td>8.285</td>
<td>0.755</td>
<td>6.714</td>
<td></td>
</tr>
<tr>
<td>Peaceful aiming</td>
<td></td>
<td>moral</td>
<td>0.001</td>
<td>4.583</td>
<td>0.577</td>
<td>1.00</td>
<td>0.534</td>
<td>8.571</td>
<td>0.534</td>
<td>7.571</td>
<td></td>
</tr>
</tbody>
</table>

At a degree of freedom (6) and a fault level (0.05)

Presentation and analysis of the results of the differences in post-tests between the experimental and control groups with offensive skills:

Table (7) It shows the differences between the experimental and control groups

<table>
<thead>
<tr>
<th>Variables</th>
<th>variable</th>
<th>Error level</th>
<th>t</th>
<th>Control group</th>
<th>Experimental group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoot by jumping</td>
<td></td>
<td>moral</td>
<td>0.003</td>
<td>3.653</td>
<td>1.154</td>
</tr>
<tr>
<td>Shoot from stability</td>
<td></td>
<td>moral</td>
<td>0.012</td>
<td>2.941</td>
<td>0.487</td>
</tr>
<tr>
<td>Peaceful aiming</td>
<td></td>
<td>moral</td>
<td>0.023</td>
<td>2.611</td>
<td>0.534</td>
</tr>
</tbody>
</table>

At a degree of freedom (12) and a level of significance (0.05)

Discuss the results of the differences between the experimental and control groups with offensive skills.

The results of offensive skills (correction from jumping, correction from stability, and peaceful correction) show differences, Significant function between the experimental and control group tests, in favor of the experimental group. That is not indicated the offensive skills of the research are related to some variables such as special physical abilities, strength, speed and accuracy factor, which is the decisive factor, as well as the ability to focus high attention, as the researcher attributes this to the effectiveness of exercises prepared in the method of quick force, which worked to develop the characteristic of strength and speed of the players, which in turn affected the paths Skillful performance by raising the effectiveness of the neuromuscular compatibility, as well as increasing the jumping power of the player. Muscular strength is the basis for developing the ability of players to jump and benefit from that, whether when performing the correction skill from stability or from jumping, as well as peace
as a result of strengthening the muscles of the lower part. And the muscles of the arms and the grip and its effect on controlling the ball upon possession, and this is consistent with what was indicated by (Mahmoud Hanafi, 1998) that "increasing and rapidly gaining force means increasing the ability to control the movements performed and mastering the performance of skills well, as the concentration of strength while increasing its speed is one of the distinctive characteristics. For good skill performance (8). Which has an important role in the development of offensive skills, and this is consistent with what (Muhammad Abdul Rahim) pointed out, "Muscle strength has a prominent role in achieving positive results for sports practitioners, especially with regard to the production of strength at the moment and at the appropriate speed, as it forms the concentration of strength with an increase. Its speed is one of the defining characteristics of good skill performance (9). As the continuity of these exercises led to the development of the rapid strength of the muscles of the legs and hands, which led to the development of the anaerobic energy system and its increased load in the performance of successive jumps and to the highest possible height in order to reach the distinctive scoring, and this is consistent with the study (Mona Muhammad Jawad) to "the existence of a correlation relationship Morale between skill level for shooting in basketball and the ability of arms and legs. (10) This result is consistent with what was reported by (Muhammad Abdul Sattar) on (Jenson, CR and Fisher To that "weight training is one of the most important methods used that have a significant and tangible effect in the development of muscle strength in all its forms in general and rapid strength in particular because muscle strength is one of the components of physical fitness that can be developed by training, which is one of the factors affecting athletic achievement and mastery of skill performance. Failure to develop it properly and develop according to the requirements of the game will lead to negative results that affect achievement and skill performance. (11). Therefore, the rapid development of force had a direct effect on the development of offensive skills, and the results were logical.

II. CONCLUSIONS AND RECOMMENDATIONS

Conclusions

Rapid strength training develops some offensive skills (scoring with jumping, standing aiming, and peaceful correction) in young basketball players.

Recommendations and proposals:

- The necessity of adopting quick strength training among young basketball players
- Circulating the results of the research among young basketball coaches
- Building training curricula according to the scientific foundations during training for basketball players and for all age groups.
- Conducting similar scientific studies on other groups.

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