



FACULTY OF PHYSICAL CULTURE AND SPORTS

POST DIPLOMATIC-MASTER STUDIES

THEME

**DIFFERENCES BETWEEN 15 YEARS OLD BASKETBALL PLAYERS  
AND STUDENTS IN SOME ANTHROPOMETRIC AND MOTOR  
ABILITIES CHARACTERISTICS**

MENTOR:

Dr. Ass. FatmirPireva

CANDIDATE:

DiellzaKelmendi

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## **Introduction**

Basketball is a modern game which is characterized by high intensity of activity throughout almost the entire forty minutes of its duration, that requires from the players a wide range of special motor and functional abilities and specific morphological characteristics. It is practically impossible to distinguish or isolate a motor skill or anthropometric characteristics which in a way don't participate in the success of the game in basketball. Basketball Game consists of many complex anthropological features where the skills, explosive strength and speed are essential in performing many motor structures. Basketball is a sport followed by millions of viewers around the world, the dynamics of the game, the flowing stakes, numerous movements, effective notes and attractions in situational moments make the game with a great characteristic.

From the standpoint of the analysis of structure and biomechanics of the game of basketball, it is important that many types of motor structures are dominated by multiple leaps (which are executed mainly in order to come to the possession of the ball, to throw the ball in the basket and the prevention of rejection of the ball in the basket by the opponents), speed (management of the ball, transistor attack and counterattack) and (the change of the direction of movement, the movement in defense, the movement in attack, etc.).

It should be emphasized that a great influence have rules of the game which constantly change, but what makes the game even more attractive, increasing in the same time the energy requirements in adapting to the new rules.

Nowadays, the level of achievement in professional sport is very high that athletes during the training preparation systems can reach or even exceed only by building a greater efficiency of training. However, the increase of efficiency is assumed, not only the increase of the amount of work, but firstly a better organization of the training process, the best choice of means and methods, more rational ranking of work and rest during a training process, some training processes, stages and periods, and all this uninterrupted while taking care for the condition of the athlete. These requirements can be realized mainly over the optimal leadership with comprehensive pedagogical processes in the processes of sports training. Basketball as a sport group is counted in the group of collective sports, and by movements is among the group of many structural sports of complex activities, which is distinguished by cyclic and acyclic movements. During competing activities the conditional, technical, tactical and other areas of preparation of basketball players represent the complex and integral entirety and are never expressed separately. Any or all of the mentioned directions of sports preparation somehow depends on the level and structure of other directions of preparation of athletes, and in this way together they impact on achieving the maximum results. In other words it is impossible to prepare qualitatively the basketball player to the technical point of view if he does not possess the motor skills that are necessary for the implementation of the technical elements highlighted during the game, such as, for example, strength, speed, coordination, flexibility and other sustainability. On the other hand only the good technical preparation allows the basketball

players to fully show these conditional skills on training and racing. It must not happen that the skills, qualities and knowledge which have been operating in a separated segment of preparation not arise in competitive activities, respectively to not to be integrated into it. Numerous scientific researches, especially in recent years have proved and explained the importance of having specific physical preparation as a factor that largely determines success in sporting activity for higher achievement in their implementation.

The increase and huge interest for opening many basketball schools in recent years in our country, presents a request for recognition of the fundamental principles in the formation of qualitative programs for the preparation and training of young players. Characteristic of the treated population in this research project is that they belong to the age of adolescence. I think that quite valid and important results will be achieved in some morphological parameters, and motor skills- situational.

## Conclusion

New school age, generally speaking, represents an extremely sensitive period for the motor development of children, especially when it comes to learning and acquiring wide repertoire of motor skills. It is very important not to lose this period, respectively the advantages which it carries in the formation of motor base. For a child's development at this age, but also in a younger age of great importance is the selection of appropriate motor activities.

Training process in basketball has many tasks that are elected through conditional preparation, technical training, tactical training, psychological preparation and theoretical preparation. On these facts, is based the purpose of this study, which is directed to establish the differences in anthropometric characteristics of skills, basic motor and situational motor between basketball players and students.

The primary purpose of this paper is to prove the difference between basketball players and students aged 14-15 years in some anthropometric characteristics, basic motor skills with situational motor. In this paper (research) was selected the sample of 50 young basketball players aged 14-15 and 50 students aged 14-15. Total the entity has included 100 test participants in this research.

In order to define these changes of morphological characteristics, motor basic skills and motor situational have been applied these anthropometric variables: body weight (APESHA) body height (ALARTË), length of the arm (AGJKRA), width of the arms (AGJEKR) , length of the leg (AGJKËM), circumference of the thigh (APEKOF), circumference of the calf (APEKËR), circumference of the arm (APEKRA), long jumping(MKGJVE), High jumping (MKLAVE) Throwing the medicinal ball from the lying position (MHTMSH) Throwing the medicinal ball while sitting in a chair (MHTMUK),jogging 20 meters from the higher start (MV20ML), jogging 2x10 meters from the higher start (MV2x10L), dribbling withobstacles, round way 20m 4 obstacles, distance 1.5m (MSD20P), free rebounds - distance 3.37m, 5 rebounds (MSGJLI), free rebounds from the left side - the distance 2.77m, 5 rebounds (MSGJLM) and free rebounds from the right side - distance 2.77m, 5 rebounds (MSGJLD)

Descriptive analysis of the basic statistical parameters shows that thevariables applied in this research most of them areepicuritic, where results tend directions to the higher ones, and have no pronounced asymmetry. Correlation analysis shows that only anthropometric variables and basic motor had high correlation between them.

Factorial analysis shows that it has been earned a length and a body volumeto anthropometric measurements while to the basic and motor situational variables are obtained 3 situational factors such as: the general explosive power factor,the factor of situational precision and the skilful factor.

Differences between basketball players and students in motor situational variables show that are obtained statistically significant differences, and that there is a statistically significant difference between the basketball players and students in these motor situational variables. The results show that basketball players have better results in all basic motor and situational motor variables.

Starting from the conditions in which our schools have for organizing the learning process we suggest: Applying as early as possible in sports activities should be of great importance to us as schools and other institutions. Developing awareness on the importance of sports education.

The program of training processes in the basketball should be more organized in order to achieve the desired transformative results. Trainers who work with this age group should devote greater importance. They must consider that the basis of the training processes are: Physical, technical, tactical and psychological preparation.

- To create unique program plans for their work.
- The organization of complementary professional skills.
- The organization of regular education for basketball frameworks.
- As well as the creation of quality players.

Professional staff is the most important issue after the material conditions and spaces for exercise or sports infrastructure.

Based on the implementation of these results, is needed that in the future researches other factors that are importance to us must be revealed, and to influence directly the in the premises of this experiment which shall remain in function and social service.