



Kolegji AAB

FACULTY OF PHYSICAL CULTURE AND SPORTS

POST DIPLOMATIC-MASTER STUDIES

THEME:

**COMPARISONS OF SOME MORPHOLOGICAL AND MOTION SKILLS
OF BASKETBALL PLAYERS AGED 16**

Mentor:

Prof. Dr. FatmirPireva

Candidate:

Ideal Kryeziu

Pristine, 2015

CONTENT

1. Introduction.....
1.2 Researches until now
2. Problem and purpose of the paper
3. Basic hypotheses.....
4. Methodology of the paper.....
4.1 SAMPLE OF ENTITIES /TESTED/
4.2 SAMPLE OF VARIABLES
4.2.1 Anthropometric variables.....
4.2.2 Basic motion variables.....
4.2.3 Situational motion variables
4.3 TERMS OF MEASUREMENT.....
4.4 ANTHROPOMETRIC MEASURING TOOLS
4.5 DESCRIPTION OF MEASURING INSTRUMENTS.....
4.5.1 Description of the anthropometric measuring instruments.....
4.5.2 Description of the basic motion measuring instruments.....
4.5.3 DESCRIPTION OF THE MOTION - SITUATIONAL MEASURING INSTRUMENTS
4.6 METHODS FOR THE PROCESSING OF RESULTS.....
5. INTERPRETATION OF RESULTS
5.1 RESULTS OF THE BASIC STATISTICAL PARAMETERS.....
5.1.1 RESULTS OF THE BASIC STATISTICAL PARAMETERS OF ANTHROPOMETRIC, BASIC MOTION AND SITUATIONAL MOTION VARIABLES AT BC BASHKIMI.....
5.1.2 RESULTS OF THE BASIC STATISTICAL PARAMETERS OF ANTHROPOMETRIC, BASIC MOTION AND SITUATIONAL MOTION VARIABLES AT BC YLLI
5.2 RESULTS OF RELATIONS.....

5.2.1 THE CORRELATION COEFFICIENTS OF ANTHROPOMETRIC, BASIC AND SITUATIONAL MOTION VARIABLES OF BC BASHKIMI	
5.2.2 THE CORRELATION COEFFICIENTS OF ANTHROPOMETRIC, BASIC AND SITUATIONAL MOTION VARIABLES OF BC YLLI.....	
5.2.3. CORRELATION COEFFICIENTS FOR BOTH GROUPS	
5.3 ANALYSIS OF THE DIFFERENCES BETWEEN THE TWO GROUPS (T-TEST)	
6. ANALYSIS OF REGRESSION	
6.3.1. T-TEST ANALYSIS BETWEEN TWO GROUPS	
6.4. REGRESSION BETWEEN ANTHROPOMETRIC, BASIC AND SITUATIONAL MOTION SKILLS OF THE BASKETBALLERS.....	
6.4.1. Regression Analysis Coefficient of the multiple correlations	
7. CONCLUSION.....	
9. LITERATURE	

INTRODUCTION

Basketball was identified on 21 December 1891. For the first time, the game took place in Springfield Massachusetts, in the United States. During the next few years, the interest about the sport was spread in almost every country of the world, participation and international spread. Basketball is one of the most requested sports, included in the Olympic program with multiple skills included in the request for explosive muscle strength, and the necessary combination of aerobic and anaerobic capacity.

Researches in basketball submit information, which undoubtedly prove the existence and influence of many factors in the implementation of complex motion tasks. Researches allow us easier access to testing and researching the relations between anthropometric characteristics and motion skills, which would also be the idea of the paper. It enables the comparison of kinesiological programs in the sample or group of basketball on a regular basis that accesses to the training process. If we focus our attention on the development of modern basketball, we will see more the domination of motion skills as action and reaction. Looking at the genesis of basketball, it is noted that each expert has introduced elements to basketball practice that distinct from the traditional stereotype concepts. Their improvisation is based not only on knowledge and experience but also in imagination, as part of creative thinking.

Jumping ability of different performance rapidly and aggressively are only some motion skills that make the game of basketball more attractive and dynamic.

Basketball is a sportive and strategic dominant game or collective strategic game in which every player harmonizes his technique and tactics with teammates through collective tactic. (Trninic 1994, but according to Oliver in 1992).

Modern basketball game which is characterized by high intensity of activity throughout almost the entire forty minutes of its duration also requires players a wide range of special functional and motion abilities and also specific morphological characteristics. It is virtually impossible to distinguish or isolate a motion skill or anthropometric characteristic which to some extent does not take part in the success of a basketball game.

Relying on conditional physical preparation of basketball in which case strength and speed of the players is gained, for those who are present throughout the game of basketball.

Even with the entire conditional physical preparation of a player, it happens that during the game concentration and his physical endurance is down, due to fatigue and loss of energy, and other psychological factors.

The efficiency of the choice of learned techniques is conditional on certain conditional skills also on the other hand with the skills of basketball for receiving, processing and using tactical information, his determination and speed of finding solutions to tactical problems which arise in

aces. Integral preparation allows the connection of all skills, knowledge and attributes during the game. Harmonization of all conditional, technical, tactical elements and psychological preparation represent the most important sportive adaptation for success in participation of sports competitions.

CONCLUSION

In this research, performed with the youth aged 16, where according to the results of the data we can say that there is still much to be done. The two clubs from two different countries, in an experimental way and with arguments show the importance of evaluation in order to solve and prove the problems that is addressed as well as the solving of the issue in the planning of programs. Based on the results obtained, we can conclude that the in basic parameters there have been noted some changes between the two groups due to the exercise, where the results that are presented have homogeneous and heterogeneous spread which means that the sample treated in this paper junior basketball players of the two cities differ among themselves especially in motion and situational skills.

Descriptive analysis of the basic statistical parameters show that the applied variables in this research are mostly raised, where the results tend to go to the higher ones and do not have highlighted asymmetry.

Correlation analysis shows that only anthropometric and basic motion variables had high relation between them.

Some results of the situational motion typical for the game of basketball are noted that the basketball club, where it is seen and known that BC Ylli is better in precision than the BC Bashkimi which is something good but not at a satisfactory level that leaves us understand that in the future we should pay more importance to well-planned programs, appropriate age, puberty motion treatment etc.

Two of the distinctive values AGJK and MS20M that have been valid and have shown good results that the BC Bashkimi are better than BC Ylli.

I hope that this paper will help generations that come after us, regarding the comparison of some motion skills with new basketball players, whether from students of our faculty, and also for the new coaches to the promotion and enhancement of knowledge about this issue.

And all we can finally conclude is that: the results obtained from this research are not stable and with a very limited validity as a result of small sample for research and exercising level of basketball in Kosovo of the lowest rank.