

INFLUENCE OF SOME MOTOR ABILITIES ON BALL SPEED DURING SHOT IN HANDBALL

Abstract

The influence of basic motor abilities on the speed of ball during the jump shot and the floor shot in handball has been analyzed with the sample consisting of 42 students of the first year of the Faculty of kinesiology in Split. The predictory system consisted of 8 variables intended to estimate speed, agility, movement frequencies, stamina and explosive and repetitive strength whereas the ball movement speed as a criterion variable was measured by radar pistol. The result of the regression analysis indicate that the ball movement speed is determined in a great deal by motor ability efficacy. Individually, the ball movement speed during the jump shot and the floor shot is determined, at the level of statistical importance, only by explosive strength in the form of throw. It is acceptable because this very ability from the aspects of kinesiology and anatomy requires, to the maximum extent, the kinetic efficacy of the ball throw in handball (in terms of kinetic chain and sequence of movements).

Key words: handball, ball speed, motor abilities