

INFLUENCE OF TRAINING PROCESS ON DEVELOPMENT OF SITUATIONAL-MOTOR ABILITIES OF THROW PRECISION WITH YOUNG BASKETBALL PLAYERS

Abstract

The purpose of this research is identification of preparation training process programme impact on the development of situational-motor capabilities for basketball throw precision with young players. The respondent sample accounted for 100 boys aged from 11 through 13 ± 0.5 years divided with two sub samples. The first sub sample was made up of experimental group (E) with 50 boys who were subjected to twelve week preparation training process programme including four trainings a week and a control group (K) with 50 boys having three trainings a week. A set of six variables was implemented aimed to assess situational-motor abilities of basketball throw precision. Inter-group differences between the tested groups of respondents at initial and final testing were determined by a multiple variance and univariate analysis. Differences at initial and final testing were made by discriminative canonical analysis and effects of training preparation programme impact on the improvement of situational-motor skills by a multiple variance and univariate - covariance analysis. The observed difference among the groups when tested is significant when shots at basket are made from small distances in parallel and without the use of the board. The experimental programme influenced better results primarily on shot at basket vertically to the board from dribbling and the shot at basket under 45° angle from the right side in regard to the basket. The results of research indicate that respondents differ quantitatively when precision of throwing a ball at the basket is in question and that the training preparation programme made positive changes of the tested abilities.

Key words: *Training preparation process, precision, young basketball players, effects*
