

COMPARATIVE STUDY REGARDING THE IMPORTANCE OF FREE THROWS IN ROMANIAN UPPER BASKETBALL LEAGUES

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Abstract: *This research aims to highlight the importance of free throws in the economy of basketball games played in the men's and women's first divisions. One of the main goals of this paper is to determine the importance of free throws in a game of basketball. The methods used in the following research consist of video recording, match statistics and data analysis of official games played in the National Basketball League season. The conclusions of this research show that the average made shot percentage of men's and women's national basketball league is 92,42 % and respectively 81,20 % corresponding of the points scored in the analysed games.*

Key words: *free throw, analysed games, made shot*

1. Introduction

Free throw shooting is an objective measure, there is no quality or subjective aspect to it. Either the ball goes in the basket or it does not. Meyers, Schleser and Okwumabua (1982) found the combination of relaxation and mental imagery to improve overall basketball performance, including free throw shooting [1].

The free throw is the technical element which maintains the final scope of the basketball game – scoring as many points as possible [2].

The hypothesis has started from the premise that the basketball free throw can be analyzed from multiple points of view.

This process has been studied from the point of view of specialty literature, current regulations, biomechanics, physicality as a training factor and also taking into account physics as a science. The technical, tactical, psychological, theoretical aspects of the game play an important role in the efficiency of the game. Free-throw shooting skill and accuracy are important for all basketball players, irrespective of age, gender, and position. The free-throw shoot differs from other shots, such as 2 point, 3 point and jumping shots, because players can take more time (five seconds), and can shoot with no pressure from opponent players [3].

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Basketball - a collective sports game which is part of the means to perfect the physical development and movement capacity of people category - is a form of playful manifestation of physical exercise. Included in the physical education systems of each society, it represents a social activity, a tool by which the company formulates its requirements for the entire physical education process. Basketball offers particularly favorable conditions for the complex development of the skills and motor qualities needed in life. Being a domain of bodily activities, it includes the motor actions of the physical education process: walking, running, jumping and throwing, in a very varied complexity. The diversity of the motor action, the influence exerted by the practice of the game of basketball on the systems and functions of the body, the unfolding in the open air, create multiple possibilities by which it contributes to the normal physical development, harmonious, in full state of health. Playing basketball acts positively and multilaterally on the development of the child's personality, collective spirit, initiative, perseverance, conscious discipline, moral qualities [4].

From the point of view of the activity, of the global sporting practice, which does not make differentiations between sports and sport games, basketball can be considered a sport, defined as a specific competitive activity where the practice of intense physical exercises are highly valued in scope of achieving by the individual or the group, the improvement of the morpho-functional and mental abilities, translated into a record, overcoming himself or the partner [5].

A free throw percentage in basketball is a statistic that keeps track of a player's success rate during a season on shooting

free throws. To calculate a player's free throw percentage, just divide the number of made free throws by the total amount of free throws attempted. The higher the free throw percentage, the better the player is at making free throw. Free throw shooting is a tell-tale of players having good focus, as well as consistent shooting form. In basketball, free throws are penalty shots given to the team that the foul was committed against. Free throws are different from field goals in a few ways. A field goal may be worth 2 or 3 points, but a free throw is always worth 1 point. The shot is always taken from the free throw line, and no one is allowed to contest the shot. Free throws are also commonly known as foul shots [6].

The free throw in basketball game it's a finesse trial, accuracy and a high nervous coordination, where the received information from the analyzers' receptors plays an important role [7].

In this study we analyzed the importance of free throws in basketball game during the 2019-2020 men's and women's national basketball upper leagues. The players with the highest free throw percentage were selected to highlight the importance of free throws in the economy of the basketball game. These statistics have been provided by the official website of the Romanian Basketball Federation [8].

2. Objectives:

1. Influencing the development of morpho-functional body types;
2. The development of movement quality;
3. The development of a wide tactical knowledge;

4. The introduction of new technical methods;
 5. Increasing the overall performance.

Men's National Basketball Leagues

Free throws statistics

Table 1

No.	Player Name	Team	Games played	FT attempts	FT made	Average FT %
1.	<i>Patrick Neal Richard II</i>	<i>U-BT CLUJ NAPOCA</i>	16	66	61	92,42 %

The player Patrick Neal Richard II from U BT Cluj Napoca, in 16 games played scored 61 points out of 66 free-throws.

He registered a percentage of 92,42% during the 2019-2020 season, establishing himself as the best scorer in the men's national basketball league.

Total points per player

Table 2

No.	Player Name	Team	Games played	Total Points	Average Points %
1.	<i>Patrick Neal Richard II</i>	<i>U-BT CLUJ NAPOCA</i>	16	280	17,50 %

This statistic represents the total number of scored points by Patrick Neal Richard II for U BT Cluj Napoca in 16 games played.

He scored an average of 17,50 points per game during the 2019-2020 season.

Free throws made/ Total points

Table 3

No.	Player Name	Team	Games played	FT made	Total Points	Average Points %
1.	<i>Patrick Neal Richard II</i>	<i>U-BT CLUJ NAPOCA</i>	16	61	280	21,78 %

In the 16 games Patrick played for U BT Cluj Napoca, he managed to score 61 free-throws out of a total of 280 points scored

by him in the 2019-2020 season. The percentage of made free-throws is 21,78.

Total free throw made by team 2019-2020

Table 4

No.	Team	Games	Free throw made	Average %
1.	<i>U-Banca Transilvania Cluj Napoca</i>	16	332	20,75 %
2.	<i>Steaua Bucuresti</i>	16	256	16,00 %
3.	<i>Dinamo Stiinta Bucuresti</i>	17	270	15,88 %
4.	<i>BC CSU Sibiu</i>	17	267	15,71 %
5.	<i>CS SCM TIMISOARA</i>	16	239	14,94 %

6.	<i>BCMU FC ARGES PITESTI</i>	17	247	14,53 %
7.	<i>CSO Voluntari</i>	17	236	13,88 %
8.	<i>CS Municipal Medias</i>	17	233	13,71 %
9.	<i>SCMU Craiova</i>	17	216	12,71 %
10.	<i>CSM CSU ORADEA</i>	16	203	12,69 %
11.	<i>CSM Sighetu Marmatiei</i>	14	176	12,57 %
12.	<i>CSM 2007 Focsani</i>	16	199	12,44 %
13.	<i>CS Municipal Galati</i>	17	210	12,35 %
14.	<i>CS Municipal Targu Jiu</i>	15	180	12,00 %
15.	<i>CSM VSKC Miercurea Ciuc</i>	15	176	11,73 %

These statistics represent the total number of scored points from free-throws in the 16 games played during the 2019-2020 season. So, U leads in a leaderboard

of the most efficient teams regarding the made free-throws with a percentage of 20.75%.

Women's National Basketball Leagues

Free throws statistics

Table 5

No.	Player Name	Team	Total Games	FT attempts	FT made	Average FT %
1.	<i>Florina Gabriela Stanici (Diaconu)</i>	<i>Rapid Bucuresti</i>	22	133	108	81,20 %

The player Florina Gabriela Stanici (Diaconu) from Rapid Bucuresti, in 22 games played scored 108 points out of 133 free-throws. She registered a

percentage of 81,20% during the 2019-2020 season, establishing herself as the best scorer in the women's national basketball league.

Total points per player

Table 6

No.	Player Name	Team	Games played	Total Points	Average Points %
1.	<i>Florina Gabriela Stanici (Diaconu)</i>	<i>Rapid Bucuresti</i>	22	430	19,55 %

This statistic represents the total number of scored points by Florina Gabriela Stanici (Diaconu) for Rapid Bucuresti in 22 games played.

She scored an average of 19,50 points per game during the 2019-2020 season.

Free throws made/ Total points

Table 7

No.	Player Name	Team	Games played	FT made	Total Points	Average Points %
1.	<i>Florina Gabriela Stanici (Diaconu)</i>	<i>Rapid Bucuresti</i>	22	108	430	25,11 %

In the 22 games Florina Gabriela Stanici (Diaconu) played for Rapid Bucuresti, she managed to score 108 free-throws out of a total of 430 points scored by her in the 2019-2020 season. The percentage of made free-throws is 25,11%.

Total free throw made by team 2019-2020

Table 8

No.	Team	Games	Free throw made	Average %
1.	CS Rapid Bucuresti	22	316	14,36 %
2.	FCC Baschet Arad	17	223	13,12 %
3.	CS Municipal Satu Mare	17	218	12,82 %
4.	CSTBv Olimpia CSU Brasov	18	227	12,61 %
5.	CS Universitatea Cluj Napoca	17	206	12,12 %
6.	Phoenix Stiinta Constanta	21	238	11,33 %
7.	CS Municipal Targoviste	19	214	11,26 %
8.	ACS Sepsi SIC SF Gheorghe	18	202	11,22 %
9.	CS Agronomia Bucuresti	21	228	10,86 %
10.	ACS KSE TG Secuiesc	19	197	10,37 %
11.	CS Municipal Alexandria	23	197	8,57 %
12.	BC Sirius Targu Mures	20	159	7,95 %
13.	CSU Rookies Oradea	20	133	6,65 %

These statistics represent the total number of scored points from free-throws in the 22 games played during the 2019-2020 season. So, Rapid Bucuresti leads in a leaderboard of the most efficient teams regarding the made free-throws with a percentage of 14.36%.

Free throws impact in Romania men's and women's national leagues Table 9

No.	Player Name	Team	Games played	FT made	Total Points	Average Points %
1.	Patrick Neal Richard II	U-BT Cluj Napoca	16	61	280	21,78 %
2..	Florina Gabriela Stanici (Diaconu)	Rapid Bucuresti	22	108	430	25,11 %

These statistics represent a comparison between the top players in both men's and women's national league in terms of free throws. We can observe that free throws are an important part in the points scored by Patrick in the 2019-2020, representing a percentage of 21,78 % out of the total points scored by him and for Florina representing a percentage of 25,11 % out of the total points scored by her.

3. The comparative analysis of study

After analyzing the data from the above table we came to these conclusions:

- Patrick from U BT Cluj Napoca, was the best free throw scorer in the Romanian league, managing to score 61 points out of 66 free throws, representing a percentage of 92,42 %;
- his team managed to come first in a leaderboard of the most efficient teams in terms of made free throws;

- the importance of free throws is highlighted by the made free throws out of the total points scored by the player statistic, representing a percentage of 21,78 %.
- Florina from Rapid Bucuresti was the best free throw scorer in the Romanian league, managing to score 108 points out of 133 free throws, representing a percentage of 81,20 %;
- her team managed to come first in a leaderboard of the most efficient teams in terms of made free throws;
- the importance of free throw is highlighted by the made free throws out of the total points scored by the player statistic, representing a percentage of 25,11 %.

4. Conclusions

The free throw in the basketball game is an important tool that must be taken into account while developing the modern game strategy, heaving a major effect on the overall performance and match statistics that impact the player's determination to improve himself.

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