

THE EFFICIENCY STUDY OF THE FINAL ACTION AT A WOMAN BASKETBALL TEAM

Florin ȚURCANU¹

Abstract: *Through this research, we want to make a real and detailed analyze of possibilities of guard and post players to express themselves in the game, components of the team CS Nova Vita Țirgu Mureş but also to issue some conclusions to achieve the model of a team in vision with the progress of sports training. The research wish to improve the process of the training woman basketball team, as I mentioned earlier, through finding the best ways and methods regarding to grow the high abilities of the guard and post players. This article refers at comparing the CS Nova Vita Țirgu Mureş woman basketball players, specialized on post and guard position in terms statistically, physically and mentally, in official or friendly games and training too.*

Key words: *basketball, guard player, post player, efficiency.*

1. Introduction

The woman basketball team program will have performance objectives, training objectives based on training components and structured means to achieve this objectives [1].

Setting this objectives is necessary, in purpose of high level training achievement, so at growing level of National Championship of the woman basketball. Getting superior value in basketball game is conditioned in verification of training concepts, which has to have in vision the most efficient way of preparation the simultaneously approach of all training components, concentrate on physical, technical, tactical psychomotricity of

athletes [4].

The process of a team prepare must focused on achievement the game mode to be efficient. All the operations contained in education process: elaboration prospective game model, optimization the base structure of the team, component team, the role and tasks players on posts, collaboration relationship, optimization the education process, and the performance capacities in competitions evaluation, must to go at players preparation in order to grow the performance capacity [5].

Thanks to the new methodological orientation, there were established principles methodic of modern didactics technology for optimization and modernization of training content [6].

¹ University of Medicine and Pharmacy, Țirgu Mureş, Romania.

The basketball is a team game which characteristic are the final action of the players and so like introduction of the ball in the basket. This thing requires the player between a good space and temporary representation, a fine kinesthetic sense and a good work out of shooting in high conditions of precisions and efficiency too.

To obtain valuable results in the basketball game is important to checkout the conception of the training which has to have in vision the choose of the most efficient way of preparation, the simultaneously approach of all training components, concentrate on possibilities and sportswoman capacity development.

The training represents a continue activity of long time, graduate in progressive and individual mode [2]. The training organization suppose a good structured format allow the easier interpretation of all aspects from the practice. The practice has to guide from a plan and precise objectives, when it wants to get the best results [7].

Another important aspect of woman basketball teams is planning the practice. That represents the elaborate activity detailed and précised of education and performance objectives, like as the modes, methods and organization form for proposed purpose [8].

In order to improve the activity, the evaluation is necessary for appreciate objectives achieved, not just in the final activity, but rhythmically, with operative and current character, being a permanent variable of training space and field [3].

Knowledge the possibilities of expression in game, like the technical-tactical individual and collective conception of all the components for CS *Nova Vita* Tîrgu Mureş, in general of players guard and post player in particularity, represent a mandatory condition in efficient routing of training process.

2. Objectives

Through this research, we want to make a real and detailed analyze of possibilities of guard and post players to express themselves in the game, components of the team CS *Nova Vita* Tîrgu Mureş but also to issue some conclusions to achieve the model of a team in vision with the progress of sports training.

The research wish to improve the process of the training woman basketball team, as I mentioned earlier, through finding the best ways and methods regarding to grow the high abilities of the guard and post players.

3. Material and Methods

The study has been progress between 01.09.2012 – 20.12.2012 respective in the first season of the Woman National Championship, first Division.

The present research has been done on the players which has the speciality on guards respective posts of the woman basketball team CS *Nova Vita* Tîrgu Mureş (Table 1):

Sample subjects

Table 1

Squad	Guard player	Post player
T.R.	X	
B.B.	X	
E.G.	X	
W.D.	X	
A.M.	X	
T.M.	X	
C.H.		X
L.J.		X

4. Results and Discussions

Results of the first season are presented

in Table 2, average of the guard players in Table 3 and average of the post players in Table 4:

Results of the first season

Table 2

Game	Score
CSM București Sportul Studentesc – CS <i>Nova Vita</i> Tirgu Mures	77 – 69
CS <i>Nova Vita</i> Tirgu Mures - CSM Târgoviște	58 – 101
CSM Târgoviște - CS <i>Nova Vita</i> Tirgu Mures	78 – 55
CS <i>Nova Vita</i> Tirgu Mures - Univ. Goldis ICIM Arad	30 – 79
Olimpia CSU Brașov - CS <i>Nova Vita</i> Tirgu Mures	52 – 60
CS <i>Nova Vita</i> Tirgu Mures - Universitatea CSM Oradea	97 – 61
BCM Danzio Timișoara - CS <i>Nova Vita</i> Tirgu Mures	69 – 66
CS <i>Nova Vita</i> Tirgu Mures - CS Rapid București	99 – 68
Sepsi SIC Sfântu Gheorghe - CS <i>Nova Vita</i> Tirgu Mures	68 – 35
CS <i>Nova Vita</i> Tirgu Mures - CST BC Alexandria	49 – 64
Universitatea Cluj-Napoca - CS <i>Nova Vita</i> Tirgu Mures	37 – 53
SCM CSȘ U Craiova - CS <i>Nova Vita</i> Tirgu Mures	70 – 60
CS <i>Nova Vita</i> Tirgu Mures - CSM București Sportul Studentesc	54 – 65

Average of the guard players

Table 3

Type of shoot	Average (%)
2p.	39,53
3p.	8,34

Average of the post players

Table 4

Type of shoot	Average (%)
2p.	43,81
3p.	25,65

The interpretation of the resultates has set the percentage of the players, which it represents the objective of the present study, in fact has been cause the game model of the team CS *Nova Vita* Tîrgu

Mureș in the first season of the National Championship, competitive season 2012-2013.

In this way has been found that, players on which the research were performed

preferred the actions from the close area of the basket 2p. (figure 1) and from close range zone (3p). In guard players case, the game points percent was realized by 39,53% of 2 point shoots comparative 43,81% point shoots made by post players (figure 2).

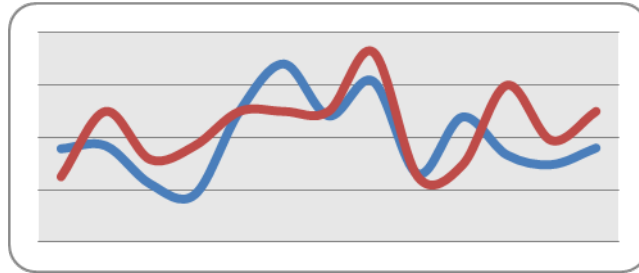


Fig. 1. Results of the guard (blue) and post (red) players

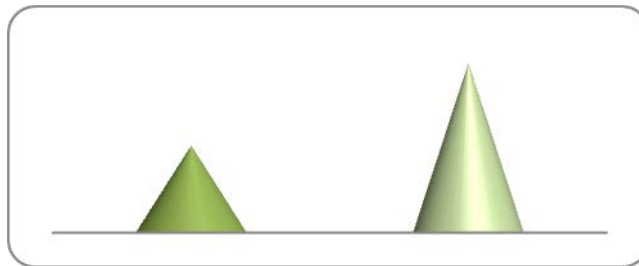


Fig. 2. Average results from guard and post players

Also it can observe that in guard players case, an inconstant of made shoots and all the actions which takes to this final action. So, in the stage 5-8 it can observe an obviously progress percent from the 2 points range final actions shoots (figure 3):

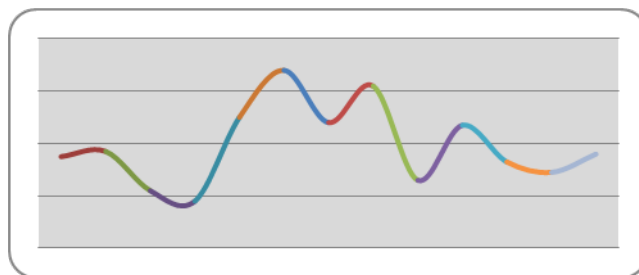


Fig. 3. Results from guard players

In the post players case it can observe a decrease of 2 points shoots on the final tour, fact that we can affirm that the capacity of the post players decrease once with the final games (figure 4):

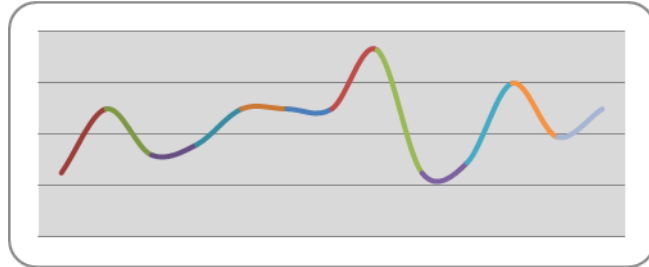


Fig. 4. *Results from post players*

Relating the 3 points made shoots, if percent of post player is insignificant and have the smallest share, at guard player percent is extremely small 8,34% reported at big number of trying shots.

5. Conclusions

All this registration take us to a conclusion series, in our opinion, can take to a improvement of situation in game expression, in growth percent made shot sense, at both category of players, specialized on guard and post posts which lead in final at winning the next official games, of woman basketball team CS *Nova Vita* Tirgu Mures:

- small number of victories leads to a conclusion that the team suffers in terms of physical preparation and technical training;
- average achievements of the two points is well below average which indicates a weak technical and tactical training;
- emit the same conclusion in the case of three-point successes;
- relationships suffer in terms of game – trust. Most points are realized in penetrate on two steps and close range shots expense the 3 points, we can take the next conclusion with role of proposals which can improve, in our opinion, the quality completion of guard and post players:
 - Increase the guard speed in final action;
 - Adaptation the practice at games condition, through increase the opponent

pressure on guard players in relation with final mid range shots;

- Setting a encouragement relationship between the players;
- Development psychomotricity abilities which lead at a good concentration on the final actions;
- The individual practice for post players in condition of penetrate with two opponents which creates constant pressure on penetrate;
- The individual practice for guard players on 1x1 game (stop-shoot and penetrate on two steps).

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