

STUDY ABOUT THE IMPORTANCE OF BASKETBALL FREE THROWS IN ROMANIAN NATIONALS LEAGUES

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Abstract: *The present research try to show the importance of made free throws in the economy of basketball game. The main research purpose is to present a comprehensive analysis about last three womans and mans romanian basketball championships editions, recording the percentage of made free throws and the share of them from the total scored points. The research method used was that of recording, tabulation and analysis of data on official games played in the Men and Women National Basketball Championship 2012-2013, 2013-2014 and 2015-2016 editions. The conclusion of the analysise showing that in womans competitions the percentage of made shots is 69,19%, with a share from total scored points of 17,83%. In the Romanian National Men League the studied percentage is reach a value of 71,30% coresponding with a share of 18,19%.*

Key words: *basketball, free throws, percentage, share.*

1. Introduction

The actual basketball game, at high level, is characterised by equality on many items, the limit of winning and losing being very thin. The coaches and tehcnical stuff has now a lot of specific and tehcnical methods in order to prepare their teams, fact who rise up the sportiv show, the victory being bring by the small details of basketball game.

One of that details of basketball game, beside steals, offensive and defensive rebounds, turnovers, blocks is the free throw percentage.

Thats why, we want to show in the present research the importance of made free throws in the economy of basketball game. The main research purpose is to present a comprehensive analysis about last three

women and men romanian basketball championships editions, recording the percentage of made free throws and the share of them from the total scored points.

We found that basketball free throw efficiency is very important in the economy of actual game, a lot of winning teams being decided by the free throw percentage.

Throwing in the game of basketball is the most challenging of all sports skill with the ball. Disposal is the most difficult element of the game of basketball technical, requiring high accuracy precision carried muscle [6].

As [1] argue that free throw in basketball game is the most important, accounting for 20% of total points scored in N.C.A.A. Disposal economy is becoming more important in the game at the end of the

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that, when, in the last five minutes of the game increases its percentage share of successful points.

Krause [3] raises the question of constancy in the last 20 years in terms of the percentage of successful free throws in American Colleges reserved races, namely the barrier of 70 percent. To pass this limit, professor Krause believes that the shorts athletes should embroidered letters K, A and P, acronyms meant to remind basketball 3 requirements for success: Knowledge, Attitude and Practice (KAP).

Free throw would be the easiest process in the basketball game, the player is alone at 15 feet (about 4.57 m.) away from the ring without defensive and troublemakers [5] requiring good concentration, the most important element being represented by a corresponding mechanical [5].

The same aspect of free throws is supported by Showalter [7], by calling into question the ability performer to relax and be positive thinking. Players can also turn to the motivation and relaxation techniques, thinking it is a good pitcher,

while viewing the route entering through ball basketball ring.

These authors [4] state that basketball players to be effective from the free throw line because it largely determines the final outcome of the game.

2. Research Organization

The research method used was that of recording, tabulation and analysis of data on official games played in the Mans and Women National Basketball Championship 2012-2013, 2013-2014 and 2015-2016 editions, principal source being the official games statistics presented on Romanian Basketball Federation site, www.frbaschet.ro.

In this direction we will present in the following pages tables with percentage and share of each participating teams in Basketball National Leagues of Romania, but also informations about numbers of played games, tryed and made free throws and total scored points in editions mentioned few lines up.

Table 1

Free throws (FT) percentage and share – Women National League, 2012-2013

	Team	Games	FT made	FT tryed	Scored points	Percentage	Share
1	CS Olimpia Braşov	26	361	527	1672	68,50%	21,59%
2	CSM Sportul Studentesc	28	395	574	1845	68,82%	21,40%
3	CS Nova Vita Tg Mureş	26	308	447	1541	68,90%	19,98%
4	CSM Craiova	26	318	420	1619	75,71%	19,64%
5	Universitatea CSM Oradea	26	217	362	1125	59,94%	19,28%
6	CSU Alba-Iulia	34	450	609	2493	73,89%	18,04%
7	CSM Târgovişte	36	497	734	2888	67,71%	17,20%
8	CS Rapid Bucureşti	26	265	364	1630	72,80%	16,25%
9	BCM Danzio Timişoara	28	303	421	1866	71,97%	16,23%
10	CSM Satu Mare	35	431	609	2690	70,77%	16,02%
11	Universitatea Cluj Napoca	26	219	343	1371	63,85%	15,97%
12	CSBT Alexandria	29	308	449	1990	68,60%	15,47%
13	ACS Sepsi SIC	26	318	508	2219	62,60%	14,33%
14	ICIM Arad	36	443	607	2877	72,98%	12,56%
	Average	29,14	345,21	498,14	1987,57	69,07%	17,42%

Source : http://www.frbaschet.ro/campionat-feminin/liga-nationala-de-baschet/statistici-echipe/?season_id=71673

We notice that the free throw percentage in Women National League, edition 2012-2013 is around 69%, with a recorded share of 17,42% from total scored points. In this

championship, CSM Craiova is the most productive team from free throws line, having a value of 75,71% (Table 1).

Table 2

Free throws (FT) percentage and share – Women National League, 2013-2014

	Team	Games	FT made	FT tried	Scored points	Percentage	Share
1	CS Phoenix Galați	26	396	556	1767	71,22%	22,41%
2	Universitatea CSM Oradea	26	360	489	1661	73,62%	21,67%
3	CSM Craiova	26	279	427	1338	65,34%	20,85%
4	CS Nova Vita Tg Mureș	26	269	424	1290	63,44%	20,85%
5	BCM Danzio Timișoara	28	340	489	1653	69,53%	20,56%
6	CS Olimpia Brașov	28	373	506	1893	73,72%	19,70%
7	CS Rapid București	26	309	435	1601	71,03%	19,30%
8	CSM Satu Mare	28	358	521	1867	68,71%	19,17%
9	Universitatea Cluj Napoca	26	254	364	1523	69,78%	16,67%
10	CSM Târgoviște	34	488	680	2932	71,76%	16,64%
11	CSBT Alexandria	28	306	437	1893	70,02%	16,16%
12	ACS Sepsi SIC	32	406	578	2549	70,24%	15,92%
13	CSU Alba-Iulia	32	378	519	2571	72,83%	14,70%
14	ICIM Arad	34	405	622	2789	65,11%	14,52%
Average		28,57	351,5	503,35	1951,92	69,73%	18,50%
Totals		400	4921	7047	27327		

Source: http://www.fibaschet.ro/campionat-feminin/liga-nationala-de-baschet/statistici-echipe/?season_id=88119

In 2013-2014 edition of Women National League the team who occupied first place on free throw percentage is Universitatea Oradea, with a performance of 73,62%,

Phoenix Galați having the bigger points share from that item, above 22%. The average of free throw percentage indicate 69,73%, with a share of 18,50% (Table 2).

Table 3

Free throws (FT) percentage and share – Women National League, 2014-2015

	Team	Games	FT made	FT tried	Scored points	Percentage	Share
1	CS Olimpia Brașov	30	441	564	2314	78,19%	19,05%
2	ACS Sepsi SIC	35	431	584	2864	73,80%	15,04%
3	CS Nova Vita Tg Mureș	30	381	526	2014	72,43%	18,91%
4	CSU Alba-Iulia	32	432	600	2477	72,00%	17,44%
5	CSM Satu Mare	30	375	524	2024	71,56%	18,52%
6	CSM Craiova	31	430	610	1753	70,49%	24,52%
7	ICIM Arad	32	376	540	2506	69,63%	15,00%
8	CSM Târgoviște	35	414	604	2840	68,54%	14,57%
9	BCM Danzio Timișoara	31	315	466	2157	67,60%	14,60%
10	Universitatea Cluj Napoca	30	296	447	1836	66,22%	16,12%
11	CS Rapid București	31	276	429	1667	64,34%	16,55%
12	CSBT Alexandria	31	369	582	2287	63,40%	16,13%

13	CS Phoenix Galaţi	31	448	711	2227	63,01%	20,11%
14	Universitatea CSM Oradea	31	346	560	1748	61,79%	19,79%
Average		31,42	380,71	553,35	2193,85	68,78%	17,59%
Totals		440	5330	7747	30714		

Source : http://www.frbaschet.ro/campionat-feminin/liga-nationala-de-baschet/statistici-echipe/?season_id=89981

According to the dates presented in Table 3, we notice that in 2014-2015 edition of Womens National League the average of free throw is 68,78%, that value indicating a 17,59% of points share. The incontestable leader of this ranking is the local team, Olimpia Braşov, with a

performance of 78,18%, resulted from 441 throws made from 564 tried. The team who scored most on that way is CSM Craiova, who scored 430 points from free throws from a total points scored of 1753, indicating a share of 24,52%.

Table 4
Free throws (FT) percentage and share – Mans National League, 2012-2013

	Team	Games	FT made	FT tried	Scored points	Percentage	Share
1	CS Municipal Bucureşti	34	485	623	2877	77,85%	16,85%
2	BC Mureş Tg. Mureş	43	740	976	3622	75,82%	20,43%
3	CS Energia Rovinari	33	475	627	2673	75,76%	17,77%
4	BC Timişoara	33	501	666	2741	75,23%	18,27%
5	CSU Atlassib Sibiu	33	541	729	2588	74,21%	20,90%
6	U Mobitelo BT	34	443	610	2693	72,62%	16,45%
7	CS Gaz Metan Mediaş	39	486	689	3171	70,54%	15,32%
8	BC Timba Timişoara	35	503	715	2658	70,35%	18,92%
9	BCM U Piteşti	32	518	744	2537	69,62%	20,41%
10	CS Municipal Oradea	41	644	925	3278	69,62%	19,64%
11	CSU Ploieşti	43	749	1080	3724	69,35%	20,11%
12	CS BC Farul Constanţa	36	481	704	2473	68,32%	19,45%
13	SCM Universitatea Craiova	33	569	833	2690	68,31%	21,15%
14	BC PH Miercurea Ciuc	40	489	717	2837	68,20%	17,23%
15	CS Dinamo Bucureşti	39	391	602	2555	64,95%	15,30%
16	CSS Giurgiu	38	571	880	2978	64,89%	19,17%
Totals		586	8586	12120	46095	70,97%	18,58%
Average		36,62	536,62	757,5	2880,93		

source http://www.frbaschet.ro/campionat-masculin/liga-nationala-de-baschet/statistici-echipe/?season_id=71663

CSM Bucharest is the leader of free throws ranking with a 77,85% performance. The average of this item in

2012-2013 edition of mans competition is 70,97%, with a share of 18,58% (Table 4).

Table 5
Free throws (FT) percentage and share – Men National League, 2013-2014

	Team	Games	FT made	FT tried	Scored points	Percentage	Share
1	BC Timișoara	26	379	483	2184	78,47%	17,35%
2	CS Energia Rovinari	29	490	646	2380	75,85%	20,58%
3	U BT Mobitel Cluj	38	580	765	3120	75,82%	18,58%
4	Steaua CSM Eximbank	26	390	525	2012	74,29%	19,38%
5	BC Mureș Tg. Mureș	35	490	663	3034	73,91%	16,15%
6	CS Gaz Metan Mediaș	26	362	500	2096	72,40%	17,27%
7	CS Municipal Oradea	37	578	816	3140	70,83%	18,40%
8	CSU Atlassib Sibiu	31	458	655	2536	69,92%	18,05%
9	CSU Asesoft Ploiești	39	579	832	3362	69,59%	17,22%
10	SCM U Craiova	29	427	619	2295	68,98%	18,60%
11	BCM U Pitești	30	486	714	2359	68,07%	20,60%
12	BC Timba Timișoara	26	293	451	1794	64,97%	16,33%
13	CS BC Farul Constanța	26	244	400	1407	61,00%	17,34%
14	CS Concordia Chiajna	26	319	528	1793	60,42%	17,79%
Totals		424	6075	8597	33512		
Average		30,28	433,92	614,07	2393,71	70,32%	18,11%

source <http://www.frbaschet.ro/campionat-masculin/liga-nationala-de-baschet/statistici-echipe/?seasonid=88089>

The Men National League, edition 2013-2014, the average of free throw percentage is above 70%, indicating a share of 18,11% from total scored points. BC Timișoara is the most productive team at this chapter (78,47%), at share ranking first place being occupied by the team from Pitești, with a performance of 20,60% (Table 5).

In the 2014-2015 edition of National Basketball Men League is recorded a average of free throws of 72,61%, the

leader in this ranking being the team from Oradea (75,89%) who transform 428 free throws from 564 tried. At the opposite place are two teams, Gaz Metan Mediaș and Timba Timișoara which have a value of 67,61%. The share average is near 18%, the team who scored the less free throws from total points being Universitatea Cluj Napoca with a performance of 16,65% (Table 6).

Table 6
Free throws (FT) percentage and share – Mans National League, 2014-2015

	Team	Games	FT made	FT tried	Scored points	Percentage	Share
1	Steaua CSM Eximbank	32	531	729	2704	72,84%	19,63%
2	CSMU Oradea	26	428	564	2194	75,89%	19,50%
3	BC Mureș Tg. Mureș	33	447	590	2715	75,76%	16,46%
4	U Banca Transilvania	27	381	501	2220	76,05%	17,16%
5	CSU Asesoft Ploiești	35	512	695	2877	73,67%	17,79%
6	BCM U Pitești	27	369	505	2206	73,07%	16,72%

	Team	Games	FT made	FT tried	Scored points	Percentage	Share
7	CS Energia Tg Jiu	33	517	702	2683	73,65%	19,26%
8	BC Timișoara	28	433	588	2202	73,64%	19,66%
9	SCM U Craiova	24	329	481	1965	68,40%	16,75%
10	CSU Atlassib Sibiu	24	366	493	1855	74,24%	19,73%
11	CS Gaz Metan Mediaș	23	316	494	1774	67,61%	17,81%
12	BC Timba Timișoara	24	334	494	1812	67,61%	18,43%
13	Universitatea Cluj Napoca	24	272	380	1633	71,58%	16,65%
Totals		360	5235	7216	28840	72,61%	17,88%
Average		27,69	402,69	555,07	2218,46		

Source: http://www.frbaschet.ro/campionat-masculin/liga-nationala-de-baschet/statistici-echipe/?season_id=90021

The summary table (Table 7) shows that in the last 3 editions of Mans Basketball National Leagues the studied percentage is situated on a value of 71,30% with a share from total scored points on 18,19%. The

women competition performances is closely situated by the mans digits, registering a 69,19 percentage of scored free throws, indicating a share of 17,83%.

Summary table

Table 7

	Competition	Percentage	Share	Percentage average	Share average
woman	2012-2013	69,07%	17,42%	69,19%	17,83%
	2013-2014	69,73%	18,50%		
	2014-2015	68,78%	17,59%		
man	2012-2013	70,97%	18,58%	71,30%	18,19%
	2013-2014	70,32%	18,11%		
	2014-2015	72,61%	17,88%		

In the end of this research we will present some international performance at

women nationals teams obtained at studied indices, free throws.

Table 8

Free throws performance, international nationals teams

Team / competition	Free throws percentage	Free throws share
M.C., USA, 2014	71,55 %	15,00 %
E.C., Russia, 2011	63,31 %	17,21 %
E.C., Spain, 2013	71,05 %	16,33 %
Romania, 2012	67,39 %	17,94 %

Source: www.fiba.com

From the analysis above table we can say the following:

- the Eurobasket 2013 qualifying campaign, the Romanian team reaches

a percentage of 67,39% with a share of 17,94% of the total points scored.

- representative of Russia, winning the European Championship in 2011 held in Poland ends the competition with a

percentage of successes from the foul line 63,31%, indicating that a share of the points in this process successful 17,21% of the total those scored.

- Spain, European champion in 2013 takes a percentage of baskets scored from the free throw line for 71,05%, representing 16,33% of the total points scored, and the US representative, world champion in 2014 notes with 71,55% successful throws, accounting for 15% of total points scored.
- level of the index on the percentage of free throws marked with advancing categories of performance, increases significantly, limiting however the top to a value around 71%.

3. Conclusions

Free throws are a critical basketball item, the value of made free throws bend the balance between winning and losing the game. With a performance situated near 70%, the Women and Men National Leagues is at the average of all world competitions (firsts leagues).

Noteworthy, the percentage is given by the values in last 3 editions competitions:

- woman – 15084 FT made / 21768 tried
- man – 19896 FT scored / 27933 tried

Studying the digits, we can affirm that a rise of only 1% going to score 217,68 points in mans competition, and 279,33 points in women league (in whole 3 championships studied) enough to win more games. That values indicate that in one edition of the championship its gone score more points, that meaning a grown with almost 2 points / game in the women and mans competitions.

Studying internal and internationals free throws percentage and share data we could affirm that the level is similar.

4. Proposals

Because of shown data (70% - free throws percentage, share – 18%) we propose that in the training process to be inserted specialised exercises destined raising these values, that act being essential in actual conditions of basketball game demand.

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