

STUDY ON THE IMPORTANCE OF SUCCESSFUL FREE THROWS IN THE GAME OF WOMEN'S BASKETBALL

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Abstract: *The present study aims at focusing the success of free throws in the game of women's basketball, analyzing the main competitions at a level of selected ones. Thus the results of the percentage of the free throws that scored and the importance of these in the total number of scored points of the main teams of women's basketball of the United States of America have been calculated, the team of USA is the world champion in 2014, Russia in 2011-European champion, Spain-European champion in 2013 and the representative of Romania during the preparation for the qualification for Eurobasket 2013. We want to underline the fact that the values of the good results obtained by the teams above were recorded at the Final Tournaments of the final competitions that took place in Turkey, Poland and France where the Romanian team disputed the qualification matches in the round-trip system.*

Key words: *free throws, women's basketball, share, successful percentage.*

1. Introduction

The throw in the basketball is the most challenging ability in the sports that use a ball. Once perceived and executed in an incorrect manner, this ability is very difficult to be executed in a correct way. The throw is the most difficult technical element of the basketball, requiring muscles precision of high accuracy. The muscles need to memorize the moves of the segments of the body in order to be repeated when necessary, under conditions of efficiency [6, p. 181].

Kozar B., Vaughn R.E., Lord R.H., Whitfield, K.E., 1994 [1], support the idea that the free throw in the basketball is the most important, having 20% from the total

of points scored in NCAA. The throw becomes even more important in the economy of the game at the end of the game, when, in the last ten minutes of it, increases the percentage of the successful points.

Krause J., [3, pp. 225-226] takes into consideration the problem of maintaining constant the percentage of the free throws in the last 20 years in the competitions that are for the American colleges, and this problem is the barrier of the 70 percents. In order to overcome this value the American professor considers that realistic aims should be set for a long period of time, aims that begin with initiation in basketball, observing the fact that in NCAA to reach 80%. In this manner, Jerry Krausse considers that

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letters K, A and P must be sewed on the shorts of the players. In this way the three acronyms will remind the players the three demands of success: K – knowledge, A – attitude, P – practice.

The free throw should be the easier process in basketball, the players being alone, at 15 feet- 4.57 meters away from the hoop, without any defense or disturbing elements [5, pp1303].

The free throw requires a good concentration, but the most important element is a proper mechanical. Yet, the biomechanical move itself can not provide success in the case of a free throw in basketball, supporting the fact that the percentages of the correct throws during practice is superior to the one during the official match for the teams in NCAA [2, pp. 123-129].

The success in the case of free throws require an important amount of concentration, depending in this way on the ability of the player to relax and to have a positive thinking. The players can appeal to specific relation and motivation techniques, focusing on the fact that he is a good player, visualising at the same time the direction of the ball that goes into the basketball hoop [7, pp. 73].

Lam W. K., Maxwell J. P., Masters R. S. W., (2009), [4], state the fact that the basketball players must be efficient from the line of free throws because it determines the final result of the game. The basic technique, in their point of view is the following: to have the proper leg for the arm that throws the ball, to bend your

knees and to come back to standing position at the same time the ball is thrown and the end of the move on tiptoes, to keep the ball with your clumsy arm, and to have your forearm that throws the ball in uprising position, your shoulder, elbow and wrist in the same line with the hoop before the throw, during the throw the ball must be moved from behind the chin up and in front, the extension of the arm that throws the ball, the follow-through move must be energetic in front so that the arm is in strong flexion on the forearm maintaining this position and the last touch of the ball must be by the tips of the fingers.

The importance of the success of free throws in the women's basketball must be considered a superior performances of the teams that can be seen as the standard. In this way, we consider that the representative teams of the United States of America- world champion in 2014, Russia-European champion, 2011, Spain- European champion, 2013 and the representative of our country for the qualification for Eurobasket 2013. These teams are the elite of the world women's basketball.

We underline the fact the values of the performances that have been obtained by these have been recorded at the Final Tournaments of the final competitions that took place in Turkey, Poland, France. The Romanian team disputing the qualification game in round-trip system, the statistics of the games has been presented by accessing the official website of the competitions under the supervision by the International Federation of Basketball, [8].

Free throw percentage- United States of America

Table 1

Opponent team	Free throws made	Total free throws	Percentage
Serbia	15	18	83,33 %
Angola	25	30	83,33 %
Spain	9	12	75,00 %
Australia	18	25	72,00 %
France	10	18	55,55 %
China	6	13	46,15 %
Total	83	116	71,55 %

Table 2

Percentage throws / total points - United States of America

Opponent team	Free throws made	Total free throws	Share
Australia	18	82	21,95 %
Angola	25	119	21,00 %
Serbia	15	94	15,95 %
Spain	9	77	11,68 %
France	10	94	10,63 %
China	6	87	6,89 %
Average	13,83	92,16	15,00 %

The United States of America team, Word Champion in Turkey, 2014, finished the 6 games with a total of 83 made free throws from 116 tried, with an average of 13,83 points / game made by this kind of shoot. The average of total scored points / game is 92,16, that indicate a percentage / game totals points of 15%.

Percentage free throws – Russia

Table 3

Opponent team	Free throws made	Total free throws	Percentage
Ceh Republic	15	18	83,33 %
Ceh Republic	10	13	76,92 %
Turkey (final)	6	8	75,00 %
Latvia	9	13	69,23 %
Belarus	13	19	68,42 %
Turkey	11	17	64,70 %
Slovakia	18	30	60,00 %
England	10	19	52,63 %
Lituania	15	32	46,87 %
Total	107	169	63,31 %

Table 4

Percentage throws / total points - Russia

Opponent team	Free throws made	Total free throws	Share
Slovakia	18	68	26,47 %
Belarus	13	51	25,49 %
Latvia	15	64	23,43 %
Ceh Republic	15	85	17,64 %
England	10	62	16,12 %
Ceh Republic	10	69	14,49 %
Turkey	11	80	13,75 %
Letonia	9	83	10,84 %
Turkey (final)	6	59	10,16 %
Average	11,88	69	17,21 %

The Russian team leads in the European Championship in 2011, held in Poland, with a percentage of 63,31 % successful from the foul line, scoring 11.88 points per game by free throws. Points scored from free throws share is 17,21 % of the total scored points.

Table 5

Percentage free throws – Spain

Opponent team	Free throws made	Total free throws	Percentage
Turkey	13	15	86,66 %
Serbia	17	22	77,27 %
Italy	10	13	76,92 %
Montenegro	12	16	75,00 %
Sweden	21	29	72,41 %
France (final)	12	18	66,66 %
Ceh Republic	9	14	64,28 %
Russia	10	16	62,50 %
Slovakia	4	9	44,44 %
Total	108	152	71,05 %

Table 6

Percentage throws / total points – Spain

Opponent team	Free throws made	Total free throws	Share
Sweden	21	73	28,76 %
Turkey	13	61	21,31 %
Serbia	17	88	19,88 %
Montenegro	12	66	18,18 %
France (final)	12	70	17,14 %
Italy	10	71	14,08 %
Russia	10	77	12,98 %
Ceh Republic	9	75	12,00 %
Slovakia	4	80	5,00 %
Average	12	73,44	16,33 %

Two years later, Spain wins European gold detrimental to host the tournament, France, standing out in a successful free

throws percentage of 71,05%, with a share of the points scored by the process of 16,33%.

Table 7

Percentage free throws - Romania

Opponent team	Free throws made	Total free throws	Percentage
Deutschland	15	19	78,94 %
Bulgaria	13	17	76,47 %
Sweden	18	26	69,23 %
Spain	8	12	66,66 %
Sweden	19	30	63,33 %
Spain	5	8	62,50 %
Bulgaria	8	13	61,53 %
Deutschland	7	13	53,84 %
Total	93	138	67,39 %

Table 8

Percentage throws / total points - Romania

Opponent team	Free throws made	Total free throws	Share
Sweden	18	66	27,27 %
Sweden	19	78	24,35 %
Deutchland	15	64	23,43 %
Bulgaria	13	75	17,33 %
Spain	8	54	14,81 %
Deutchland	7	60	11,66 %
Bulgaria	8	70	11,42 %
Spain	5	51	9,80 %
Average	11,62	64,75	17,94 %

Representative of our country in Eurobasket 2013 qualifying campaign makes a number of positive results, which reflected a percentage of 67,39% of the throws scored from the foul line (93/138) , these figures indicate an average successful match points on free throws by 11,62, with a share of 17.94 %.

Table 9

Table summarizing percentage and free throw percentage

Team / competition / year	Made free throws percentage	Free throws share
WC, USA, 2014	71,55 %	15,00 %
EC, Rusia, 2011	63,31 %	17,21 %
EC, Spania, 2013	71,05 %	16,33 %
România, 2012	67,39 %	17,94 %

2. The comparative analysis of results

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. Conclusion

This analysis indicates that the share of free throws once again shows their importance in the economy of the game. In this case we can bring into question the tactics of each team addressed both in offensive and defensive at the game, depending on your opponent's weaknesses and strengths.

However, this weight can lead us to the idea that in most competitions, the free throw is one of the main processes to score in a basketball game, knowing that a shot is worth one point turned the scoreboard. Thus, a value around 17% of the share of successful free throw points of the total number of points represents one third of the procedures used to score in a basketball game.

The percentage of successful free throws in the game of basketball is also a very important element in the modern game economy, optimizing the performance of this indicator is a permanent concern of technicians.

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