

88 - IMPORTANT FACTORS FOR BASKETBALL INITIATION

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INTRODUCTION

Because it is increasingly apparent replacement of man-machine, one sees a decrease in body activity, but although, it increases the hours of leisure with interaction / interactivity through multimedia systems. So, raise the need for the practice of physical activities, recreation and sports.

Such activities need to be appropriately targeted in this way, the several sports, whether individual or collective, has the correct age to be initiated, and later incorporated into the daily life of the individual. Therefore would be part of his life making it physically active adult.

It is known that the benefits for growth, as well as for the human cardiovascular system are considerable. An individual practicing sports and physical activities will have greater sleep quality, standards of living, and social, emotional and mental. Thus, epistemologically this article portrays the collective sport, specifically the basketball case.

It is known that epistemology or theory of knowledge is a part of philosophy that studies and addresses the philosophical problems that relate to belief, knowledge and truth, finally, the phenomenon.

It is understood that epistemology also called theory of knowledge, is the branch of philosophy interested in investigating the nature, sources and validity of knowledge. Still, among the main issues it tries to answer are the following: What is knowledge? How can we reach it? Can be achieved means to defend it against the skeptical challenge (unbeliever)? These questions are implicitly as old as philosophy, although its first explicit treatment be found in Plato.

In this article we speak of knowledge regarding the teaching of team sports games - (TSG), specifically basketball. Many works have been published since 1960 in Brazil, but all come with a first author (DAIUTO, 1960) who wrote with wisdom about basketball teaching to children in school ages (10 to 12 years), which currently comprise the elementary school (1st to 9th grade), precisely the 6th and 7th s grades.

It is said that if it would be draft a parallel with my training, none of this would be studied. Over the years as a professional fitness trainer had to be perfect in front of contemporary change sports pedagogies, or even new approaches to the teaching of the TSG. For the time that we studied, the courses of physical education offered only in specific content relevant to team sports (MEC) more widespread, in addition, procedures for some methods characterized as teaching and learning, aiming the successful in the final product.

Contemporaneously phenomenon study that it is at this occasion can be defined as an investigation, a research, accomplishing in a process of knowledge construction and which has as main goals to generate new knowledge about the problem that involves the initiation of collective sports, especially basketball and its motor bases for practice, with primary school children.

Note that the teaching of sport: Basketball, in recent years has been offered by several authors in their works, among them: (ALMEIDA, 1998, BENTO et al 1999; COUTINHO, 2001; DAIUTO, 1974 and DAIUTO, 1984).

It is noteworthy that several authors, specially after 1974, following a main author, but with minor differences, that means, any change following technical foundations, or even relocate to start one and another in the first classes.

It is observed that the act of investigate is to aks certain procedures using tools to get through the analysis, reflections and discussions to the final result, thus generating new knowledge. This related to the belief, with the knowledge and truth.

For this, it is stated that for education and development of technical fundamentals of basketball sport, the beginning student will use, necessarily, physical abilities, so to run all educational exercises related to learning, namely: strength, speed, endurance and agility or dexterity.

Over the years, as a professional in the Physical Education area, it was defended the idea that for children from 07 to 10 years should be accorded several activities with infinitude movements, providing thus formidable motor experiences through various moves, therefore, even before they start to Team Sports (MEC). It is believed that this must happen not only for basketball teaching, but in any other collective sport.

With respect to the initiation of MEC, for children, it is argued that this should happen without fail after 10 years old. Thus, they will be ready to receive the teachings of the technical groundwork, through exercises with open activities, as well as closed (educational), which directly relate to the technical fundamentals of basketball.

A great example of this procedure came from the Coordinator of Education and Pedagogical Standards of the State Secretariat of Sao Paulo, with respect to the Basic Cycle (SAO PAULO, 1989), which proposed the development of the team sports foundations (basketball, handball, futsal and volleyball) only from the 5th grade (currently 6th). And includes the individual sports, with its rules and enforcement in arbitrations.

It is perceived that this move comes against the protection of the child, before she be able to receive the collective sport teachings. Needing rather purchase motors patterns for that. Still, it is argued that responsibility for developing the acquisition of motor experiences before the grade mentioned it is only of Physical Education professional, and in the early grades.

The basis of the physical abilities to teach basketball

Golomazovic and Shirva (1996, p.49) report that the indicated age for multilateral motor preparation with gymnastics elements, acrobatics, basketball, handball, athletics and others is up to the age of 10 to 11 years, reason why was estimated, then, the age suggested by the author in this article for collective sport practice.

With respect to muscle strength means that this component of motor fitness is one of the most important qualities that the human body has been requested in most areas of activity and very frequent in motor activity.

The inadequate development of quality strength training will make it impossible for the individual, as a practitioner of sports, especially the training of motor habits, say some authors, such as Mitra & Mogos, (1982); Barbanti, (1988), (1999) and Verkhoshanski, (2001).

Another important capability is the speed that Mitra & Mogos, (1982), define as the form that is present in most motor actions, and has a special interest for all sports, and its crucial contribution to the achievement of performance in different sports and different sports conferences.

It is known that the speed is much used in the basketball sport, especially during a game, players' actions are presented with great intensity and speed.

In dribbling teaching (bouncing the ball act) in speed, for example, the student will have to develop speed in the race, when he is dribbling. Thus, the motor speed base serves, in this case, to the dribble foundation at speed, one of the foundations that is worked and taught during the basketball initiation.

Weineck, (1999), sets the speed as the ability to execute quickly, the movement, performing the motor actions in a minimum time for the conditions and perform moves quickly and with great frequency.

Garganta (2010), reports that the expression of velocity is derived not only from brevity of reacting to stimulus or gestural speed, but the time required for the identification, quick treatment information to the recognition and evaluation of complex situations of the game.

Garganta (2010) places even in the TSG, the fact that the speed be trained through exercises in which it is specified that the proposed task is performed in the shortest possible time, is necessary but not sufficient for the training effect to be oriented as requested and that in addition to running fast it is required to perform properly, that is, adaptively.

With respect to resistance, it is observed that the activity of every citizen, regardless of the specificity of their occupation, resistance is a quality which influences, in large extent, the income from work.

Requests are increasing in various activities, being: at work, at school activities or in everyday life, making the resistance a particularly important factor, by which man can overcome the early appearance of fatigue, both in intellectual, sensitive, emotionally and physically dominion (MITRA & MOGOS, 1982).

With respect to agility or dexterity can affirm that it is a complex motor skills, having multiple interferences with other qualities, and with the habits and motor skills.

It is understood that agility is a variable motor neuron characterized by an ability to make fast changes of direction, direction and displacement in body height, in certain motor tasks, based on the center of gravity of the whole body or part of it.

In the opinion of Mitra & Mogos (1982), agility affects the acquisition and improvement of different motor actions (habits and skills, the technical and tactical procedure), as well as improving the qualities of the other motor abilities

The development of agility is required for participation in motricity activities that require exchange body orientation, requiring appropriate program for their development in children, (CLENAGNAN AND GALLAHUE, 1985).

Given the theoretical searched (CLENAGNAN AND GALLAHUE, 1985; MITRA & MOGOS, 1982; WEINECK, 1999; GOLOMAZOVIC AND SHIRVA, 1996; BARBANTI, 1988 AND 1999 AND VERKHOSHANSKI, 2001), we can affirm that the skills become important and needed to have as a basis for teaching the technical foundations for basketball initiation.

For Gallahue & Ozmun (2005), there are two factors for the development of capabilities: one is the hereditary factor, so if acquired at conception, as much on physical capacities in our life coming from heredity, in the opinion of the authors it is fixed. But there is another factor: the environment, which can be changed constantly, thereby interfering and influencing in a considerable way in motor development.

But, Gallahue & Ozmun (2005) reported that the motor load can come from two factors, they are: environmental or hereditary, and what matters is that both interfere in individual's life as the final product

CONCLUSIONS

It is known that the importance of coordinative aspects in an open sport such as basketball it is very important, being necessary to give special attention to the beginners of this sport. For this, the work must be induced to maximum attention to the development of physical abilities, always respecting the age of children.

Affirms that it is in the lower categories that is the secret of future athletes, being at this stage that he will develop his physical and motor skills, also acquire a taste for the sport. If he does not devote as an athlete, at least be physically active adults.

Another point that must be addressed during Physical Education classes in early grades is to minister external situations to the environment initiation, using, the teacher, alternative materials such as baskets of varying heights, small spaces, balls with different sizes and materials. But it is said also that these materials are scarce at school and it is not given special attention by governments in this case.

It is understood that the activities should allow the use of logic motricity to solve problems proposed, which the sportsman himself chooses the most suitable solution in his opinion.

It is suggested that activities should have and be a playful character, using constantly motivation. Should be predominated in the classes: varied games and adapted games, especially cooperative ones, rather than the systematic repetition, not that it is not important, because the correct execution of the technique also depends on repetition.

The proposed tasks should have a positive learning transfer and posterior techniques, for which it is need from the needs analysis of sport, and to propose situations that require those needs.

Another factor is the work being developed with speed and agility, as these two capabilities will be needed when entering joint exercises such as: running with varying intensities of speeds, sudden outcomes and strong stops, all of this, associated to dribbles (act of bouncing the ball on the floor), which are inherent in the basketball game.

Another significant factor in determining whether the group is evenly formed, to begin its development of basketball sport initiation, is the application of certain tests that relate to the physical capabilities, and subject them to statistical tests, analyzing them. If they are not homogeneous, must rest with the Physical Education professional to use of teaching pedagogical procedures to resolve motor differences between kids.

Still, says that it is extremely important to follow before and after application of the methodology related to the teaching of many sports, making, thus, the verification and comparison between pre-and post-tests by specific tests relevant to the basketball modality.

In this case, we suggest three tests related to specific skills for basketball: 1) speed dribble, 2) speed of the pass and 3) dribble and shot. These tests are found in Mathews, 1980.

It is understood that the discovery of the essence of sport activity depends, above all, on those who are responsible for their initiation, that means, initiators, teachers or coaches, must follow a safe, planned orientation, under the dictates of a method, coupled with the teaching capacity of the initiator.

Agrees with the teachings of Freire (1996) when considering that teaching requires a methodical and rigorous research, seen that, in searches, there is a search, a quest, and that way the way we see the research. And when there is confirmation of that research, one can change certain methodological procedures, through the intervention. Finally, Freire tells us

that the research serves to know what we still do not know and to communicate or advertise themselves to the novelty. Thus, it is understood that for everything that happens, there must be methodical rigorous above all, commitment from the teacher.

In appropriate cases it is clear that children are able to develop and perform various movements, especially around 6 years old, and the early years in school the Physical Education teacher should allow the children to the diversity of movements, causing them to acquire motor experience to be used at the time of sports initiation in collective sports.

It is interesting to see after years devoted to studies of collective modes, especially the basketball initiation, there are tendencies and trends that devalue the pleasure in running, teaching the correct technique for performing a sport movement or gesture. I understand that one of the secrets of an excellent teacher, who really is exemplary, it does get in combining the technique of execution and playfulness. This is a way to get students motivated, because after all who once learned and liked it never forgets, so do from your class for the students, that taste, always of wanting more.

Therefore, if the Physical Education teachers consider the process of motor development and interact in important theoretical perspective to develop it in children according to age, they will have practitioners sports with more technical moves and suitable for their practice

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.IMPORTANT FACTORS FOR BASKETBALL INTIATION

ABSTRACT

Nowadays it is known to replace the machine man, realizing the reduction of body activity, but although, it increases the hours of leisure with interaction / interactivity through multimedia systems. So, raise the need for the practice of physical activities, recreation and sports. Such activities need to be targeted appropriately, be they individual or collective. Please be informed that there are correct age to be initiated, later being incorporated into everyday life of the individual. Therefore would be part of his adult life making him physically active. It is known that the benefits for growth, as well as for the human cardiovascular system are considerable, when performing physical activities. An individual practicing sports and physical exercise have better quality of sleep, rules of coexistence, in addition, social development, emotional and mental. Thus, epistemologically this article portrays the collective sports, specifically the case of basketball. Over the years as a professional in the area of Physical Education, defended the idea that for children from 07 to 10 years should be accorded various activities with myriad movements, providing formidable motor experiences through various moves, that even before being initiated to team sports (MEC). It is believed that this must happen not only to teach basketball, but in any sport collective. We know the importance of coordinative aspects to the practice of the MEC, especially basketball, which in their actions during the game, mostly occurs in open character thus becomes necessary to give special attention to the worrying Starter this modality. For this, the work must be induced to maximum attention to the development of physical, always respecting the age of children, and if they are not prepared to receive the teachings of the technical foundations, it is the teacher or coach to develop this work.

KEYWORDS: sporting initiation, physical abilities, basketball, children.

FACTEURS IMPORTANTS POUR LA LANCEMENT DE BASKET-BALL

RÉSUMÉ

Aujourd'hui, il est connu de remplacer l'homme machine, la réalisation de la réduction d'activité du corps, mais bien, il augmente les heures de loisirs de l'interaction / interactivité grâce à des systèmes multimédia. Ainsi, augmenter la nécessité pour la pratique d'activités physiques, récréatives et sportives. Ces activités doivent être ciblées, en temps utile, qu'elle soit individuelle ou collective. S'il vous plaît être informé que sont l'âge correct pour être lancé, avant d'être intégrés dans la vie quotidienne de l'individu. Par conséquent, ferait partie de sa vie adulte en lui faisant de l'activité physique. Il est connu que les avantages de la croissance, ainsi que pour le système cardio-vasculaire humain sont considérables, lors de l'exécution des activités physiques. Un pratiquant des sports individuels et l'exercice physique ont une meilleure qualité de sommeil, les règles de la coexistence, en outre, le développement social, émotionnel et mental. Ainsi, épistémologiquement cet article décrit les

sports collectifs, en particulier le cas du basket-ball. Au fil des ans en tant que professionnel dans le domaine de l'éducation physique, a défendu l'idée que pour les enfants de 07 à 10 ans devrait accorder à diverses activités avec les mouvements de foule, offrant des expériences formidables à moteur par le biais de divers mouvements, que, même avant initié aux sports d'équipe (MEC). On pense que cela doit se faire non seulement à enseigner le basket, mais dans tous les sports collectifs. Nous savons l'importance des aspects de coordination à la pratique de la MEC, en particulier de basket-ball, qui dans ses actions au cours du jeu, se produit surtout dans le caractère ouvert devient donc nécessaire d'accorder une attention particulière à la Starter préoccupante cette modalité. Pour ce faire, le travail doit être amené à un maximum d'attention au développement de la physique, tout en respectant l'âge des enfants, et si elles ne sont pas préparés à recevoir les enseignements des fondements techniques, il est l'enseignant ou un entraîneur pour développer ce travail.

MOTS-CLÉS: Introduction aux sports, aux capacités physiques, de basket-ball, les enfants.

FACTORES IMPORTANTES PARA LA INICIACION DE BALONCESTO

RESUMEN

Hoy en día se sabe que es reemplazar al hombre máquina, dándose cuenta de la reducción de la actividad corporal, pero si bien, aumenta las horas de ocio con la interacción / interactividad a través de sistemas multimedia. Por lo tanto, plantean la necesidad de la práctica de actividades físicas, recreativas y deportivas. Tales actividades deben dirigirse a su debido tiempo, ya sea individual o colectiva. Le informamos que hay edad correcta que se iniciará, a más de su incorporación a la vida cotidiana del individuo. Por lo tanto sería parte de su vida adulta haciéndole físicamente activo. Se sabe que los beneficios para el crecimiento, así como para el sistema cardiovascular humano son considerables, al realizar actividades físicas. Una práctica de los deportes individuales y el ejercicio físico tienen una mejor calidad de sueño, las normas de convivencia, además, el desarrollo social, emocional y mental. Por lo tanto, epistemológicamente este artículo describe los deportes colectivos, en concreto el caso del baloncesto. A través de los años como profesional en el área de Educación Física, defendió la idea de que para los niños 07 a 10 años deben darse varias actividades con los movimientos de miles, proporcionando experiencias formidable motor a través de distintos movimientos, que incluso antes de estar iniciando en los deportes de equipo (MEC). Se cree que esto debe ocurrir no sólo para enseñar baloncesto, pero en cualquier deporte colectivo. Sabemos de la importancia de los aspectos de coordinación para la práctica del MEC, especialmente el baloncesto, que en sus acciones durante el juego, en su mayoría se produce en el carácter abierto de este modo se hace necesario prestar especial atención a la preocupante para principiantes esta modalidad. Para ello, el trabajo debe ser inducido a la máxima atención al desarrollo de la física, respetando siempre la edad de los niños, y si no están preparados para recibir las enseñanzas de los fundamentos técnicos, es el maestro o entrenador para desarrollar este trabajo.

PALABRAS CLAVES: Introducción a los deportes, sus aptitudes físicas, el baloncesto, los niños.

FATORES IMPORTANTES PARA A INICIAÇÃO AO BASQUETEBOL

RESUMO

Nos dias atuais é notória a substituição da máquina pelo homem, percebendo a diminuição da atividade corporal, mas em contra partida, aumenta-se as horas de lazer com interação/interatividade através dos sistemas multimídias. Por isso, elevam-se a necessidade para a prática das atividades físicas, recreativas e esportivas. Tais atividades necessitam ser orientadas oportunamente, sejam elas individuais ou coletivas. Informa-se que há idade correta para serem iniciadas, sendo posteriormente incorporadas no dia a dia do individuo. Conseqüentemente fariam parte de sua vida tornando-o adulto fisicamente ativo. Sabe-se que os benefícios para o crescimento, bem como, para o sistema cardiovascular do ser humano são consideráveis, quando praticante de atividades físicas. Um indivíduo praticante de esportes e exercícios físicos terá maior qualidade de sono, regras de convivência, além, de desenvolvimento social, emocional e mental. Dessa forma, epistemologicamente esse artigo retrata o desporto coletivo, especificamente o caso do basquetebol. Ao longo dos anos, como profissional da área de Educação Física, defendeu-se a idéia que para crianças dos 07 aos 10 anos devem-se conceder diversas atividades com infinidade de movimentos, proporcionando formidáveis experiências motoras através de movimentos variados, isso, antes mesmo de serem iniciadas às Modalidades Esportivas Coletivas (MEC). Acredita-se que esse procedimento deve acontecer não somente para o ensino do basquetebol, mas em qualquer outro desporto coletivo. Sabe-se da importância dos aspectos coordenativos para a prática das MEC, especialmente o basquetebol, que em suas ações durante o jogo, em sua maioria ocorre em caráter aberto, dessa forma, torna-se necessário conceder atenção especial preocupando-se com os iniciantes desta modalidade. Para isso, o trabalho deve ser induzido para a máxima atenção quanto ao desenvolvimento das capacidades físicas, sempre respeitando a idade das crianças, e, caso não estejam preparados para receber os ensinamentos dos fundamentos técnicos, cabe ao professor ou técnico desenvolver este trabalho.

PALAVRAS CHAVES: Iniciação esportiva, capacidades físicas, basquetebol, crianças.