191 - ESSENTIAL REQUISITES FOR THE TEACHING OF BASKETBALL: SPEED AND AGILITY.

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Introduction

It is noticed that the physical capabilities excessively influence the performance of the sportsman, mainly the basketball players. It is understood that the physical capabilities: speed and agility are decisive for the sporting success of the athlete, because, it is understood that basketball is a collective sportive modality that demands diversified movements, having as base to carry it through, the two components.

It is believed that Basketball is not learned from simple imitation, because it depends on formation of motion habits, that must be guided adequately, to prevent the installation of vices in the execution of the correct technique of its initial basis, mainly in the final movements of the execution of a rule, as it is the case of the passes and the hurl, for example.

It is emphasized that the basketball game is always related to the unpredictability of those that practice it, reason why is believed that this is, really, the great attraction of the game, keeping the attention of those that attend it.

To teach basketball it demands methodical strictness, besides development of research, since, in the researches, there is a search, an inquiry, being therefore the way for which it evidences the investigation of the researcher. Having a conclusion of what is researched, some methodological procedures can be changed, through the intervention.

Freire (1996, P. 28) tells us that the research serves to know what is not yet known and to communicate or to announce its newness or results.

The knowledge of each professor or coach, that relates with the initiation phase, allows an appropriate pedagogical intervention, in way to anticipate or to postpone some situations, that intervene, directly, in the performance and the efficiency of the pedagogical act, could anticipate or delay the evolution in the execution of the technical rulings on the part of the players. One knows that, in any branch of activity, in special in the collective sports, the professional searches, always, to present its ideas, plans and tries to practice them.

I understand that the basic elements of any collective sport are the technical rulings, that can also be called individual techniques; and their perfect control or not, can determine the future success or failure factor of the player. However, it has other factors that can determine the success or failure of an athlete, as, for example: the physical condition, the psychological factor, being able to be also of emotional order.

It is concluded that, the better the individual technique, better will be its performance in the game. However, to execute good passes, to hurl well, to make a good backcourt or to acquire rebounds, defensive as well as offensive, do not constitute guarantee of success of a player. Other factors exist.

Having in sight to be inserted with the initiation in the basketball and following the orientation of some authors, one perceives that the students/beginners, pertaining to school students between 11 and 13 years old, respectively of 5th and 6th grades, at the moment of the initiation of the technical rulings, did not present adequate development of the speed and agility capabilities. Because of this, one perceived that it had a direct influence in the education and learning.

Being based on professional experiences, acting in the initiation to basketball, for approximately, 30 (thirty) years, in private and public schools, clubs and schools of sporting formation, and currently project of extension with children in the age range between 10 to14 years old, we decided to search and to make this experiment. Still, in the attempt to make it of easy access to all the professionals who are engaged in this area.

Objective

The objective of this work was to investigate the effectiveness of the methodology, composed of a sequential protocol of education and development of (CMVA) - the motor capacity speed and agility, as requisite for the development of the technical rulings of basketball. To test the efficiency of such methodology, associated with the teaching of the technical rulings of initiation to basketball. To verify and to compare the evolution of education, through motion test.

Materials and Methods

One perceives that the scientific method consists of a systematic process of acquisition of knowledge that follows a series of interdependent steps, and, for didactic effect, they can be presented in sequence methodologically organized, mainly the experimental methods through the comment and experimentation, applying statistical method in the collected data.

Sample

The sample was composed by 14 pupils regularly registered in the 5th and 6th grades, (elementary education), ranging from the ages of 11 to 13 years old, of the feminine sex, in the State School Prof. Hugo Miele, in the city of Presidente Prudente - SP.

In regards to the number of pupils for group, in accordance with Almeida (1998, p.24), the groups must be in the maximum of 29.

Take into consideration that a group with 24 pupils was consisted, but at the end of the experiment it only had 14, therefore, only 14 samples were used.

The selection of the sample was intentional, and were part of it the schools of the Public Net of Education of the city of Presidente Prudente - SP, that have, in their groups, classrooms of pupils of 5th and 6th grades of elementary education. With this, all of them had had the same probabilities of being selected.

BASTOS at AL (1997), salients that the planed sample is the subgroup of a population, whose process of election is characterized by use of judgment, in the direction that the selected sample is representative, for the inclusion of areas or presumably typical groups of the interested population.

Strategy of the study.

It is believed that the experimental researches are, in general, the most difficult method and, technically, the most

accurate. To study the educational problems, the researchers must, continuously, be attentive to the requirements and the incessant search of the experimentation, and this demands controlled observation, mainly of factors that might come to intervene with the research, demanding good care and attention in the study of the phenomenon and its inter-relations.

Therefore, the referred work followed a "Design", that can be considered as experimental (THOMAS & NELSON, 2002), organized for purposely election, (BASTOS at AL, 1997).

Revision of literature.

Basis for the education of the technical rulings of the basketball: speed and agility.

It can be stated that, for the education and development of the technical rulings of the modality of Basketball, the beginner will use, to execute all the teachings related with the rulings, the physical capabilities: speed and agility.

In the teaching of dribbling in speed, for example, the pupil will have to develop speed in running, when he is dribbling. In this way, the motor base of the speed serves, in this case, for the basic dribbling in speed, one of the basics that had been developed during the classes.

The speed defines (Miter & Mogos, 1982, P. 55), as form that is present in the majority of the motor skills, and presents a special interest for all the sporting modalities, being its determining contribution, for the accomplishment of performances in the different sports and the different collective sporting modalities.

In face of the affirmations of Miter & Mogos, it is noticed that, in the specific case of basketball, the speed is used, aiming to initiate and to finish a counter attack, to recoup a ball or to carry through a defensive recovery, to achieve a blocking or even an eluding of an opponent (to get rid of an adversary). It is observed that the speed at the moment of the basketball game is used in the defensive and offensive actions. In the offensive one for organization of a play, where the players must put themselves into motion with the intention to pass and to receive the ball, to give continuity to a play or even to finish it.

Matsudo, 1987, defines speed as being a variable of the general physical aptitude of great importance, for being a basic component of many sport modalities.

In function of these concepts, it is of much importance its evaluation, not only as an indicative of physical aptitude, but also as a possibility of detecting talents with speed, observing the effect of training, or, even, analyzing if the student is with results that correspond to her age (MATSUDO, 1987, p.69).

Authors as Miter & Mogos, 1982, P. 55; e Weineck, 1999, define the speed as being the capability to execute, quickly, the movement, to achieve the motor skills in a minimum time for the respective conditions and to execute movements with speediness and great frequency.

For Guedes (2000, p.84), the physical capability Speed also has provoked some questionings, when of its evaluation of the point of view of the motion performance, and that this must to the fact of the found results, when of the administration of motor tests that look, to get information pertaining to the speed, to present a high relation with results of motor tests that look to evidence other physical capabilities, particularly the strength and the agility.

It is understood that the agility in basketball is basic, therefore it is used for the player or participant of the modality to escape from a blocking, to dribble, with or without blocking, to carry through infiltrations in direction to the basket being successful towards the adversary, to exert the blocking invalidating the adversary, among others.

Authors as Gallahue, 2001; Tubino, 1987, Daiuto, 1984 and Bompa, 2002, point out that the Agility is the ability to modify the direction of the body quickly and precisely, the capability of moving as fast as possible, also in the air. Then, agility can be understood as the capability of quickly changing the position and direction of the body, with precision and without loss of balance. One affirms that this component in basketball is essential.

Development during the classes.

It is perceived that the speed is natural, being complex its acquisition, however, it can be perfected. The professors of Physical Education or the starters in sports modalities in its groups of initiation with students can easily separate the quick ones with the application of some tests.

The development of the lessons, when the speed was worked, had had varied exercises, being:

Fast exits and brisk stops, with different distances, but up the maximum distance of 50 meters, races between obstacles, with jumps, change of direction, association of diverse exercises as jump, change of direction and changing lanes between obstacles.

It was used material that could assist in the development of the physical capabilities: speed and agility, as: bicycles tires, where the participants of the sample had been able to develop educative exercises that were related with the speed and agility, (also the coordination), and, this through voice of command of the professor.

Presentation of the collected data.

n	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Before	10,58	10,94	10,10	10,66	10,18	11,76	10,52	11,36	9,80	9,84	10,36	10,13	11,60	10,58
After	8,90	9,15	8,36	9,00	9,33	9,52	8,99	8,50	8,76	8,46	9,27	9,70	9,23	8,55

Speed test of 50 meters (TV50M).

n	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Before	11,30	11,49	10,67	11,39	11,50	10,70	11,03	11,62	10,84	11,10	11,53	13,02	11,79	11,04
After	8,75	8,61	7,93	8,89	8,52	9,20	8,63	8,33	8,72	9,33	9,47	9,22	8,16	9,01

Agility test: Shuttle Run (TAShR)

Statistical treatment.

Gatti and Feres (1978), point out that in a general way, it can be said that the statistics fill at least two purposes: first: it provides methods to organize, to summarize and to communicate data; second: it provides methods to make inference through observations made to a bigger universe of potential comments.

With the purpose of determining the statistical treatment, it was used inference statistics, specifically tests of hypothesis, which is a process by means of which it allows to accept or to reject definitive hypothesis on an unknown parameter of the universe in study, through information gotten with the accomplishment of a sample removed from this universe.

Benini (1996), affirms that the tests are made on the basis of a sample, bringing us information on this universe and not in its "accurate behavior", in this manner, what it really wanted to test was if it had, or not, a significant statistics difference between

the information that the sample brings on the average of such universe and the true value of this average, to the point of rejecting, or accepting a hypothesis.

Thus, Benini (1996) tells that the decision criterion consists of accepting the H_0 hypothesis if "these differences" are not significant; as well as rejecting H_0 if, these "differences" are significant.

Presentation and discussion of the results

The statistics supply ways to legalize and to standardize random processes, to take off conclusions on a population (Seigel, 1975 P. 2).

One notices that the statistical model is determined by the nature of the random phenomena. The reliability of this model, in the representation of the data, is determined by the adjusted planning, in view of the attainment of the same ones. Then, in this work, it was compared the performance of the pre-tests and the after-tests, chosen from a population, with the objective of evaluating a sequential protocol of education for the development of the CMVA, concomitant to the education of the technical rulings of initiation to basketball.

This comparison was carried through to evaluate significant differences in the performance in relation to the beginning data and the end of the activities.

Tests of the physical capabilities: speed and agility. (CFVA)

Mathews (1980, P. 27) affirms that the tests of abilities and tests of general physical aptitude are essential tests for the program of physical education.

The pre-test of speed was applied before the beginning of the activities, and, after-test after the ending of a sequence of lessons of initiation based on Guarizi, 2001.

It was applied, to determine the initial period of training of the pupils who had participated in the sample, the test of speed, called test of race of 50 meters, in accordance with Matsudo, 1987.

In this test the objective is for measuring the speed of the students in a simple form, in virtue of the low operational cost. The materials to be used are: a precise chronometer, a piece of paper for notation and a plain place without obstacles and that it possesses, beyond the 50 meters, a space for starting and another one for arrival. The pupil is behind the starting line, and at the attention signal the one being evaluated is prepared, and, when she listens to the signal "go", she leaves running, at the same time the chronometer is set in motion, and it is stopped when she gets to the arrival line. The resultant time of the race is written down.

It is important to point out that the test of race of speed of 50 meters was carried through in the racetrack of the F.C.T. UNESP of President Prudente - SP.

To measure the agility the Shuttle Run test was used, carried through in the school, this because the gymnasium offered conditions for this.

Conclusions and Recommendations

This moment, that is proper of the author, tries to trace considerations about what was investigated and, at the same time, what was elaborated, proposing, perhaps, a different way for the physical capabilities: speed and agility, concomitantly with the education of the technical rulings of initiation of Basketball, for students between 11 and 13 years old, of the feminine sex in a public school.

It is observed that the works currently published about school's Physical Education, as well as, its methodological procedures, in the most different modalities, have advanced throughout the years, being worried about the practical reality and with the professors who work, daily, in the schools, being them public or private. But it is observed that it is not the specific case of Basketball.

In the specific case of basketball, it can be noticed that, the existing bibliographical sources, in the most different searched libraries, are from the 70s, 80s, and few are really recent. One also notices that the most recent, some times, are published works almost in its totality, following the works of the cited decades, many of them, making mention to the previous authors, who since 1960 publish their works.

The intention, in this work, was to create education alternatives offering the development of the physical capabilities: speed and agility, providing this way, motion experience for the initiation of the different types of technical rulings of basketball. It is understood that these contributions can assist professors and coaches who teach in this area, as well as, to adequately guide students of courses of graduation in Physical Education.

According with the proposed objectives, we conclude that the methodology composed of a sequential protocol of education and development of (CFVA) the physical capabilities speed and agility, as prerequisite for the development of the technical rulings of basketball.

After the tests were applied, in the beginning as well as at the end, using inference statistics, being the tests of hypothesis, it was detected that in the evaluated tests there was a statistic difference to the level of significance á (á=0.05).

Therefore, one concludes that the methodology, composed by a sequential protocol of education and development of (CFVA) - physical capabilities speed and agility, as prerequisite for the development of the technical rulings of basketball, was adjusted, to be applied in students between 11 and 13 years old, of the feminine sex, confirming in such a way one of the questions that had been investigated.

As recommendation, it is suggested to repeat this research with children of different gender, in the same group, or, in different groups.

It is affirmed that the base to build the alternatives developed in this work, was with regards to the improvement of the found difficulties, in the transference of the education, acquired through the development of the physical capabilities speed and agility, for, later, grouping such capabilities to the technical rulings of initiation of basketball, and, also, to use it in the game.

The developed work had, still, the intention of assisting professors, coaches and students of graduation in Physical Education, who act in the basketball modality, mainly, during the initial phase of the teach-learning of the initiation technical rulings. It can be concluded that, ahead of the question that is investigated, one understands that the proposal of the author was efficient.

One concludes that, ahead of the question that was investigated, one understands that the proposal of the author was efficient. We hope, this way, that this work can provide excellent contributions to the professionals whom search to construct and to constitute knowledge, pedagogically correct.

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ESSENTIAL REQUISITES FOR THE TEACHING OF BASKETBALL: SPEED AND AGILITY.

SUMMARY

In the collective sporting games (JDC), specifically Basketball there are various technical elements that demand of the player the motor skills to play it. It is also known that for each action involving the execution of the correct technique of an element, a motor skill is needed, and the characteristics of a sporting motor skill reflects in the final result. This characteristic can be determined by the speediness in its execution, or, for the agility and speed of swapping of the player in a specific space. It is understood that the development of the agility as well as the speed are essential factors, before initiating in Basketball, reason for which the modality will demand of the future athlete fast movements in different rhythms. For a long period as trainer in the basketball modality, it was noticed fragility of the beginners in regards to the agility and to the speed at the moment of the initiation. Then, we tried to develop activities that grant motion experiences to the beginners, so that the same ones can supply such needs with regard to the two motion requirements. The study was characterized as experimental, being the sample consisted of pupils between 11 and 13 years old from a public school in Presidente Prudente - SP, that are part of the project Ball in the Basket. The pupils had been submitted to activities for the development of the agility and the speed, together with the initiation of the technical basis. The data of the before and after-tests were submitted to statistical treatment using the test of comparison for coupled data, finding the differences between the obtained observations and comparing them with the critical value based on the table t-Student with the level of significance á (á=0.05). The analyzed data revealed that it had significant statistical difference between them. It was concluded that the development of the agility and the speed are essential factors, before and during the initiation at Basketball, offering therefore, considerable increase in the individual technique for the future athlete.

Keywords: Speed, agility, basketball.

EXIGENCES ESSENTIELLES" POUR L'ENSEIGNEMENT DU BASKET-BALL: VITESSE ET AGILITÉ

RÉSUMÉ

Dans les jeux du sport collectifs (JDC), spécifiquement le Basket-ball a des plusieurs fondations techniques qui demandent la base du motif de l'apprenti pour les accomplir. Il est aussi su que pour chaque action qui implique l'exécution de la technique correcte d'une fondation, il est exigé d'une action du motif, et la caractéristique d'une action du motif du sport contemple dans le dernier résultat. Cette caractéristique peut être certaine pour la vitesse dans son exécution, ou, pour l'agilité et vitesse du déplacement du joueur dans certain espace. Il comprend l'un l'autre qui le tant de développement de l'agilité comme de la vitesse ils sont les facteurs indispensables, avant de commencer le Basket-ball, raisonnent pour lequel la modalité demandera du futur athlète mouvements rapides dans les rythmes différents. Pour une longue période comme initiateur dans la modalité du basket-ball, a été observé la fragilité des débutants concernant l'agilité et à la vitesse dans le moment de l'initiation. Alors, il a essayé de développer des activités qu'il accorde des expériences du motif aux débutants, afin que les mêmes puissent fournir de tels besoins concernant les deux exigences du moteur. L'étude a été caractérisée comme expérimental, en étant l'échantillon constitué par les étudiants parmi 11 à 13 années d'une école publique de Presidente Prudente - SP qui fait partie du projet Organise dans le Panier. Les étudiants ont été soumis aux activités pour le développement de l'agilité et de la vitesse, avec l'initiation des fondations techniques. Les données de l'avant qu'et les poudre épreuves ont été soumises à traitement statistique qui est utilisé l'épreuve de la comparaison pour les données égalées, en trouvant les différences parmi les observations obtenues et les comparant avec la valeur critique ont basé dans l'étudiant du t de la table au niveau de la signification (). Les données analysées ont révélé qu'il y avait différencie des statistiques considérables parmi eux. La conclusion est arrivée que le développement de l'agilité et de la vitesse ils sont des facteurs indispensables auparavant et pendant l'initiation au Basket-ball, offrir dans ce chemin, augmentation considérable dans la technique individuelle pour le futur athlète.

Mots de la clef: Hâtez-vous, agilité, basket-ball.

LOS REQUISITOS ESENCIALES PARA LA ENSEÑANZA DEL BALONCESTO: LA VELOCIDAD Y AGILIDAD.
RESUMEN

En los juegos deportivos colectivos (JDC), específicamente el Baloncesto tiene varias fundaciones técnicas que exigen la base del motivo del aprendiz lograrlos. También se sabe que para cada acción que involucra la ejecución de la técnica correcta de una fundación, se necesita una acción del motivo, y la característica de una acción del motivo deportiva contempla en el resultado final. Esa característica puede ser cierta para la velocidad en su ejecución, o, para la agilidad y velocidad del desplazamiento del jugador en cierto espacio. Él nos entiende que el tanto desarrollo de la agilidad a partir de la velocidad ellos son los factores indispensables, antes de empezar el Baloncesto, razonan para que la modalidad exigirá de la atleta futura los movimientos rápidos en los ritmos diferentes. Para un período largo como el iniciador en la modalidad del baloncesto, se notó la fragilidad de los principiantes con respecto a la agilidad y a la velocidad en el momento de la iniciación. Entonces, intentó desarrollar las actividades que que concede las experiencias del motivo a los principiantes, para que los mismos puedan proporcionar que cosas así necesita con respecto a los dos requisitos del motor. El estudio se caracterizó como experimental, mientras ser la muestra constituyeron por los estudiantes entre 11 a 13 años de una escuela pública de Presidente Prudente - SP que es parte del proyecto Planea en la Cesto. Los estudiantes se sometieron a las actividades para el desarrollo de la agilidad y de la velocidad, junto con la iniciación de las fundaciones técnicas. Los datos del antes de que y se sometieron los polvo-prueba a tratamiento estadístico que se usa la prueba de la comparación para los datos emparejados, mientras encontrando las diferencias entre las observaciones obtenidas y comparándolos con el valor crítico basaron en el t-estudiante de la mesa al nivel de importancia (). Los datos analizados revelaron que había diferencia las estadísticas significantes entre ellos. La conclusión fue llegada que el desarrollo de la agilidad y de la velocidad ellos son los factores indispensables antes y durante la iniciación al Baloncesto, ofreciendo de esa manera, aumento considerable en la técnica individual para el atleta futuro.

Palabras-Clave: Acelere, agilidad, el baloncesto.

REQUISITOS ESSENCIAIS PARA O ENSINO DO BASQUETEBOL: VELOCIDADE E AGILIDADE.
RESUMO

Nos jogos desportivos coletivos (JDC), especificamente o Basquetebol há vários fundamentos técnicos que exigem do praticante a base motora para realizá-los. Sabe-se também que para cada ação envolvendo a execução da técnica correta de um fundamento, necessita-se de uma ação motora, e a característica de uma ação motora desportiva reflete no resultado final. Essa característica pode ser determinada pela rapidez em sua execução, ou, pela agilidade e velocidade de deslocamento do jogador em determinado espaço. Entende-se que o desenvolvimento tanto da agilidade quanto da velocidade são fatores imprescindíveis, antes de se iniciar o Basquetebol, motivo pelo qual a modalidade exigirá do futuro atleta movimentos rápidos em diferentes ritmos. Por um longo período como iniciador na modalidade de basquetebol, notou-se a fragilidade dos iniciantes com relação à agilidade e à velocidade no momento da iniciação. Então, procurou-se desenvolver atividades que conceda experiências motoras aos iniciantes, para que os mesmos possam suprir tais necessidades com relação aos dois requisitos motores. O estudo caracterizou-se como experimental, sendo a amostra constituída por alunas entre 11 a 13 anos de uma escola pública de Presidente Prudente SP, que fazem parte do projeto Bola na Cesta. As alunas foram submetidas a atividades para o desenvolvimento da agilidade e da velocidade, juntamente com a iniciação dos fundamentos técnicos. Os dados do pré e pós-testes foram submetidos a tratamento estatístico utilizando-se o teste de comparação para dados emparelhados, encontrando as diferenças entre as observações obtidas e comparando-as com o valor crítico fundamentado na tabela t-Student ao nível de significância (). Os dados analisados revelaram que houve diferença estatisticamente significativa entre eles. Chegou-se a conclusão que o desenvolvimento da agilidade e da velocidade são fatores imprescindíveis, antes e durante a iniciação ao Basquetebol, oferecendo dessa forma, aumento considerável na técnica individual para a futura atleta.

Palavras chaves: Velocidade, agilidade, basquetebol.

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