

FACTORS INFLUENCING BASKETBALL SHOOTING

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ABSTRACT. In this study, we tried to summarize the evolution of shooting in basketball, emphasizing all factors that have a special and direct influence on the player's shot. Through the decades, the basketball evolved continuously reaching another level of performance, being more and more refined by the coaches and by the new circumstances. Modern basketball implies different types of shooting the ball, all of them improved by the necessity of trying to score in any circumstances and avoiding a better and better defense. The game of basketball offers many possibilities to score because is a sportive discipline with a large repertory that can be increased every day by adding new technics and abilities to place the ball inside the basket. The shooting ability is influenced by many factors and between them; the most important are the constant training in order to reach performance and the psychosocial factors. The momentarily athletic performance of the player will be given by such factors like training level, fatigue, recovery after effort, motivation, concentration, but the sportive value of a player is a constant that remains almost the same during the entire career. The value varies only a little, while the athletic performance of the player can reach different levels, depending also on the factors described above. One of the most important assets for a basketball player is the coordination of the body and mind, defined as the minimum effort made in order to obtain the easiest and almost perfect shot to the basket.

Keywords: *basketball game, type of shooting, basketball evolution, athletic form*

REZUMAT. *Factori care influențează aruncarea la coș în jocul de baschet.* În această lucrare am încercat să trecem în revistă evoluția aruncării în baschet, punând accentul pe toți factorii care au avut o influență directă și specială asupra jucătorului. De-a lungul ultimilor zeci de ani, baschetul a evoluat în mod continuu ajungând la un alt nivel de performanță, fiind tot mai mult și mai mult rafinat de către antrenori din cauza noilor circumstanțe de joc. Jocul de baschet modern implică diferite tipuri de aruncare, toate fiind îmbunătățite permanent din necesitatea evidentă de a evita o tot mai bună apărare. Cel mai important aspect este că baschetul oferă multe posibilități de a înscrie pentru că este o

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disciplină sportivă cu un repertoriu foarte mare, care poate fi îmbunătățit în fiecare zi prin adăugarea de noi tehnici și abilități. Abilitățile de aruncare sunt influențate de mulți factori, printre aceștia, cei mai de seamă fiind antrenamentul constant pentru a atinge performanța și factorii psiho-sociali. Pregătirea de moment a unui jucător va fi data de către anumiți factori precum ar fi: nivelul antrenamentului, oboseala, recuperarea după efort, motivația, concentrarea, dar valoarea sportivă a jucătorului este un lucru constant care se menține de-a lungul întregii cariere. Valoarea ei variază foarte puțin, în vreme ce forma sportivă poate atinge diferite nivele, în funcție și de factorii enumerați mai sus. Cel mai important lucru pentru un jucător este coordonarea dintre corp și minte, definită foarte succint ca fiind efortul minim realizat de către aceasta pentru a obține cea mai ușoară și aproape de perfecțiune aruncare la coș posibilă.

Cuvinte cheie: *jocul de baschet, tipuri de aruncare, evoluția jocului de baschet, forma sportivă*

Introduction

Similar games involving a basket and a ball have existed in human history since ancient times, but only in the metaphorical way can we speak of them as being the predecessors of the basketball game.

In South American tribes, in ancient civilizations, Maya, Aztec etc. there were such games, but they were a bit different from what we understand today through basketball. Such primitive sports competitions, as described below, only show that the idea of combining a ball and a basket has appeared in various geo-cultural areas throughout human history:

“The first games were played by teams of 50 players and with two fruit baskets placed on the ground, the ball being played only by rolling. Due to collisions occurring near the baskets, it was necessary to lift the basket from the ground in order not to be touched. Then, because there was the disadvantage of climbing the ladder, after each basket, to retrieve the ball and put it back in the game, players cut the bottom of the basket and thus the “new” basketball basket was born” (Antoniale, 2002, p. 14).

The modern basketball game was invented in 1891 by American professor James Naismith, who tried to diversify his students’ sports hours at Springfield, Massachusetts College. Initially there were no precise rules, but over the time the overall criteria of the basketball game began to be defined, which are updated each year by FIBA.

Development of the basketball game and improvement of shooting

With the evolution of basketball as an increasingly complex sport, there was also the improvement of the throw to the basket, appearing new and more refined ways to register. Modern basketball is a sport that involves different methods of throwing the basketball. The objective of the game is to score more points than the opposing team by throwing the ball through a circle.

This goal can be achieved through various throwing processes, which have been refined over time and are continually refined by the emergence of new elements that can be introduced to prevent opposing defenses from anticipating and blocking the throw. The continuous evolution of this sport discipline and the refinement of the processes are due in principle and due to the fact, that "basketball is one of the sports games with the richest background of technical-tactical procedures, which stimulates the continuous development of both the content of the game and the enhancement of the game." (Antoniale, 2002, p. 15).

Sorin Iulius Bărbuică (2012, p. 7) classifies shootings in basketball into two main categories:

a) On the spot - and here we have a very important distinction regarding gender differentiation:

For female players:

- With two hands from the chest
- With one hand from the shoulder
- Jump shot

For male players:

- With one hand and from the shoulder

- Jump shot

b) From motion

- From above
- Offered, or lay-up in American terminology
- In hook and semi-hook

Throwing to the basket must be practiced countless times at every training because it is fundamental to the offense. In order to be as close as possible to the real conditions of the game, thus offering an adequate and quality training, the throw must meet some conditions such as:

- To be practiced together with a teammate / passer to highlight the optimal moment for the preparation of the shoot and with another player who will play the opponent, simulating the best defense in the match. Therefore, in order to practice the throw of one of the members of the team, it takes 2 more players to participate as passer and opponent.

- Ideally, each throw should be tracked by the shooter, who will go to recover his own shot, thus developing other skills needed on the offensive.
- Before the actual execution of the throw (not to mention open shots, when the shooter remains completely free on the semicircle or at half distance for a fraction of a second), the player must perform a throw or pass slot or a short dribbling with change of direction in order to be able to mislead the opposing defense.

Factors influencing the shooting in basketball

Throwing to the basket and improving it is not only about sports skills or ball training by repeating some procedures but is also affected by other elements that we will list below. The psychosocial factors that can affect the shootings are:

- Lack of concentration
- Excessive nervousness
- Precipitation
- Hyper motivation
- Indifference / apathy
- Alteration of lucidity

In contrast to these factors are the qualities of exceptional athletes who are educated over time:

- Self-control
- Constant concentration throughout the game
- Motivation
- Clearness in choosing the type of execution at key moments

An almost exhaustive classification of the difficulties that can affect the player's athletic form (implicitly, his throw to the basket) is made by Roxana Enoiu (2008, pp. 85-86), who identifies the following very relevant indications of the loss of this performance:

- Underactive
- Hyperactive
- Tension tendencies
- Mental confusion
- Lack of self-confidence
- Depression
- Negativity

- Defeatism
- Panic
- Agitation
- Giving up effort
- Decreased stress tolerance
- Insecurity in decision and action
- Non-motivation, etc.

A basketball coach should be able to differentiate very well between the athlete's current form and his actual value as a player. Fitness can vary greatly depending on several factors that determines it, and the most common are: fatigue, physical training, sufficient rest, recovery of the athlete after exercise, nutrition, etc. The sports value is more constant than the athletic form at a certain moment of the player:

“The athletic form is a temporary state that a player possesses while his (player's) value represents a level that, once acquired, does not pose the problem but to be maintained. In a state of form, a player shows maximum efficiency” (Enoiu, 2008, p. 86).

Throwing to the basket and implicitly the percentage with which the player scores can be affected by his sporting form at the moment, while his value determines some limits between which the percentage oscillations can manifest. If we take the extreme case of players who have never had a good percentage in free throw lineups like the legendary Shaquille O'Neal we can see that he throws much better when he is in shape (can reach 60%), but will never have a higher value than a player with fabulous percentages in free throws, like Steph Curry (even though he is temporarily in poor shape).

Coordination between mind and body

When shooting the basketball from action, but not only this type of throwing we need coordination, which is learned from very young ages. Therefore, coaches of baby basketball, the minibasketball and the junior basketball teams try to form in the young players the principles of good coordination and mechanics of the throw because this will remain imprinted during the whole career of the basketball player.

“The meaning of the term coordination is synonymous with that of skill, ability, precision, accuracy, finesse, grace, balance, all of which represent an individual's ability to learn and quickly combine new movements, to make harmonious and efficient movements in a given time, with little energy consumption” (Cătănescu, 2009, p. 112).

Espenshade and Eckert have provided the most synthetic definition of coordination that can be expressed in the following sentence:

“An individual has a good coordination when moving easily and the sequence and timing of his actions are well controlled” (Cătănescu, 2009, p. 113).

There are several factors that greatly influence the coordination in basketball shooting, and of these, the most important are the following:

- The athlete's IQ
- The tactile finesse
- Precision of the senses
- Motricity

Conclusions

Shooting in basketball requires the simultaneity of several factors in order to approach perfection. It is primarily about mastering a good throwing technique, but also constant training to reach a high percentage. To achieve this, considerable practice must be done to optimize the psychosocial factors that are important in the key moments of the match.

The summation of all these elements must lead to a perfect coordination of the player in order to prepare and execute basketball shooting even in the most difficult situations of the game. It is about adapting the player to the context, who will recognize the situation and act accordingly very quickly and with the necessary self-control, choosing the best possible option at that time to throw the ball in the basket.

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