

An analysis regarding the behaviour of the final throwing of the ball in defender players, in high performance basketball

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Abstract

Background. The basketball game is a collective game and its characteristics result from the final purpose of players' actions, that is, putting the ball in the basket. This requires from the player, besides good space-time representation, a special kinesthetic sense as well as training necessary to throw under high precision and efficiency conditions.

Aims. The main purpose of this study was to discover objectively the behaviour at the final throw of the players at the level of high performance basketball (A division - seniors).

Methods. The subjects observed were 28 players who were fullbacks in A division men teams during the 2006-2007 championship edition. We used mainly observation, video analysis and graphics.

Results. The players observed within this study preferred the final throw from areas close to the basket (A and B), instead of those from a distance and semi-distance: 3.8 shots per game were recorded and a 52% chance of favorable winning in the basket area, as well as 4.8 shots per game on average and a better percentage (66%) in the marked area. Most throws were made from the central area and the least throws from the wings (0 degrees): one shot per game on average and 37% chance of favorable winning. The success percentages were equal for the throws from the central position and 45 degrees (55%) and much lower from the lateral areas (the corners of the court).

Surprisingly, most shots were carried out as a result of a cut (there were 2.0 shots per game and a 55% chance of winning outcome), followed by fast-break shots (1.7 shots per game and 49% successful shots). The jump shots carried out mainly in the set play have the lowest weight (1.4 shots and a 31% chance of favorable outcome/winning).

Conclusions. The throws from jumps executed mainly in positional attack were the rarest. These data confirm the actual tendency of the play in attack based on fast break and final throws in 1x1 relations.

Keywords: basketball, finalization areas, guard player, throwing procedures.