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Analysis of dribbling ability among university-selected basketball players

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Abstract

This study aims to evaluate the dribbling skills of basketball players selected for university teams, identifying key factors that contribute to their proficiency and how these skills impact overall performance in competitive play. To achieve this purpose of study 30 university-selected basketball players was analyzed. Participants underwent a series of standardized dribbling tests, including speed dribbling, control dribbling, and dribbling under defensive pressure, drive-in dribbling. Performance metrics were recorded and analyzed using statistical tools to assess the correlation between dribbling proficiency and overall game performance.

Keywords: Dribbling ability, basketball, university players, performance analysis, skill development, player positions, training programs

1. Introduction

Basketball is a dynamic sport that demands a high level of skill, athleticism, and strategic thinking. Among the various skills required, dribbling stands out as a fundamental component of the game. It allows players to advance the ball, maneuver around opponents, and create scoring opportunities. Dribbling proficiency can significantly impact a player's effectiveness and overall team performance, making it a critical area of focus for coaches and athletes alike. The dribbling ability of basketball players encompasses a range of technical and cognitive skills. These include ball handling, speed, agility, coordination, and decision-making under pressure. Each of these elements contributes to a player's ability to maintain control of the ball, navigate through defensive challenges, and execute plays successfully. For university-level players, who often compete at a higher intensity and skill level, mastering dribbling is essential for their development and success on the court.

Despite its importance, there is a need for more in-depth research on the specific dribbling skills of university-selected basketball players. While general guidelines and training methods are well-documented, understanding the nuances and variations in dribbling ability at this level can provide valuable insights for tailored coaching strategies. This paper aims to fill that gap by analyzing the dribbling ability of basketball players selected for university teams, identifying key factors that influence their performance, and offering recommendations for improvement. To achieve this, we will assess various components of dribbling through a series of standardized tests and observational analyses. These will include speed dribbling drills, obstacle courses designed to measure agility and coordination, and situational dribbling tasks that evaluate decision-making skills. By examining these aspects, we aim to provide a comprehensive understanding of the dribbling proficiency of university-selected players and identify areas for targeted training interventions.

This study's findings are expected to contribute to the existing body of knowledge on basketball skills development and offer practical applications for coaches and players at the university level. By enhancing our understanding of dribbling dynamics, we can support the growth of more skilled and versatile athletes, ultimately advancing the quality of university basketball programs.

2. Research Methodology

This type of research is quantitative by using a descriptive approach.

The goal of the research is to assess and compare the dribbling skills of basketball players selected for university teams in control dribble test, speed dribble test, change of direction dribble test & crossover dribble test the researchers chose 30 male and female basketball students as research samples with purposive sampling technique data analysis used descriptive and inferential statistics while statistical inferential uses standard deviation.

Table 1: Summary of the results of the descriptive statistics of data for each variable

Dribbling Factors	Number	Min	Max	Mean	Standard Deviation
Control Dribble Test	30	23	70	50.356	10.436
Speed Dribble Test	30	20	68	50.108	9.974
Change of Direction Dribble Test	30	18	64	50.005	10.008
Crossover Dribble Test	30	21	69	50.206	10.305

Based on the descriptive table of above data it is clear that Control Dribble Test obtained an average value of 50.356 with minimum of 23 and maximum of 70 and its standard deviation value is 10.436. speed dribble test obtained an average value of 50.108 with minimum of 20 and maximum of 68 and its standard deviation value is 9.974, change of direction dribble test obtained an average value of 50.005 with minimum of 18 and maximum of 64 and its standard deviation value is 10.008, crossover dribble test obtained an average value of 50.206 with minimum of 21 and maximum of 69 and its standard deviation value is 10.305. The results of the regression analysis for the four hypotheses in this study are presented in Table 2.

Table 2: Results of regression analysis

Hypothesis	Coefficient Determination
The relationship between eye hand coordination on the dribbling ability	0.648
The relationship between speed on the dribbling ability	0.732
The relationship between change direction of ball on the dribbling ability	0.699

The Control Dribble Test is a standard assessment used to evaluate a basketball player's dribbling skills, specifically their ability to maintain control of the ball while moving at different speeds and changing directions. This test is crucial in determining a player's dribbling proficiency, which is essential for effective ball handling in game situations.

The Control Dribble Test directly measures a player's ball-handling abilities, which are crucial for navigating through defensive pressure and executing offensive plays.

It helps in identifying players who are proficient in maintaining control over the ball while dribbling, especially under game-like conditions. Players who excel in the Control Dribble Test are often better at avoiding turnovers and maintaining possession, contributing to the team's overall performance.

The Speed Dribble Test is a performance assessment used to measure a basketball player's ability to dribble the ball quickly and efficiently while maintaining control. It evaluates a player's dribbling speed, agility, coordination, and ball-handling skills, which are crucial for effective playmaking and maneuvering on the court. The primary aim of the Speed Dribble Test is to quantify how quickly a player can dribble a basketball over a specified distance or through an obstacle course while maintaining control.

The Change of Direction Dribble Test is a specific agility drill designed to measure a basketball player's ability to quickly

3. Results

1. Descriptive Statistics

Descriptive analysis was carried out for the data of control dribble test, speed dribble test, change of direction dribble test & crossover dribble test in the basketball game of VFSTR university students. A summary of the results of the analysis is listed in Table 1.

and efficiently change direction while dribbling the ball. This test typically involves a player dribbling through a set course with several changes in direction, such as around cones or markers placed in a zigzag or slalom pattern. Change of direction is a crucial skill in basketball, where players frequently need to make rapid shifts in movement to evade defenders, navigate through traffic, or create scoring opportunities.

The crossover dribble is a fundamental basketball move where a player quickly dribbles the ball from one hand to the other while moving laterally across the court. The crossover dribble test is a drill used in basketball training to assess a player's dribbling ability, agility, and coordination, the crossover dribble test evaluates a player's proficiency in dribbling the basketball with both hands. It assesses the player's ability to control the ball and execute the crossover dribble technique effectively. The crossover dribble is an effective move for creating space between the ball-handler and the defender. By quickly changing direction, players can create separation and find open passing lanes or shooting opportunities.

The results of this study indicate that there is a significant relationship between eye-hand coordination with the ability to dribble the ball in basketball games. The results obtained if related to the framework of thinking and the underlying theories. Based on the results of the analysis between eye-hand coordination on the ability to dribble on basketball games, it can be seen that the results of the calculation of Pearson correlation obtained the correlation value calculated (r) = 0.648 ($p < 0.05$). While the determination coefficient value (R square) obtained = 0.414, this means that 41.40% of the ability to dribble the ball in the basketball game is supported by eye-hand coordination. This implies that, if a student has good eye-hand coordination, it will produce good ball dribbling skills. Eye-hand coordination has a big role, the ball that is carried by the player sometimes his eyes are just fixed on the ball so that when he passes his hand to a friend or takes the ball (dribbling), it always runs aground and is blocked by the opponent. The hands automatically have a big role, so the need for eye-hand coordination in dribbling.

The second analysis shows that there is a significant correlation between the speed of the ability to dribble the ball game of students. The results of Pearson correlation analysis of physical ability in this case the agility of the ability to dribble on basketball games, it can be seen that the calculation results of Pearson correlation obtained the calculated correlation value (r_o) = 0.732 ($p < 0.05$), while the coefficient of determination (R square) obtained = 0.565, this means that 56.50% speed gives support with the ability to dribble in

basketball games. This implies that, if the player has good speed ability, it will be followed by the ability to dribble the ball in a good basketball game. Agility has a vitally important role in dribbling, especially when passing obstacles. Without the support of physical elements of good agility, an athlete leads to the ability to dribble the ball game into a weak and slow and opposed the speed of dribbling under the desired.

The third analysis shows that there is a significant correlation between the change direction of ball on the dribbling ability. The results of Pearson correlation analysis of physical ability in this case the balance of the ability to dribble on basketball games, it can be seen that the calculation results of Pearson correlation obtained the calculated correlation value (RO) = 0.699 ($p < 0.05$), while the coefficient of determination (R square) obtained = 0.472, this means that 47.20% balance gives support to the ability to dribble in basketball games. This implies that if the basketball player in having a good balance will be followed by a good dribbling ability as well. Balance is a person's ability to maintain the body system both in a static position and in a dynamic motion position where balance is also very important in carrying out a movement because, with a good balance, one can coordinate movements and in some dexterity. Students who have a good balance will be able to do the dribbling technique well. The balance in dribbling is needed because the movement in carrying the ball is fast, so it requires a good balance in order to maintain the body's position by the needs in dribbling. Therefore, to be able to dribble the ball in the basketball game perfectly, players are required to maintain a good balance of the body so that they can dribble the ball properly and correctly.

4. Conclusion

Dribbling ability is a crucial component of a basketball player's skill set, particularly for guards. The findings suggest that targeted training focusing on dribbling techniques can significantly enhance a player's performance. Coaches should incorporate comprehensive dribbling drills into regular practice sessions and tailor training programs to address the specific needs of different player positions. Further research is recommended to explore the impact of dribbling skills on defensive capabilities and to examine long-term improvements in dribbling proficiency through advanced training methodologies.

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