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Control and analysis of dynamics of technical and tactical actions in defence during the game in basketball players of superleague team

Abstract. Purpose: to analyze the dynamics of technical and tactical actions in defense during the match in basketball major league team. **Material and Methods:** the methods were applied to analyze and summarize the literature, analysis of statistical reports, teacher observation of competitive activity, methods of mathematical statistics. **Results:** by monitoring and analyzed dynamics of technical and tactical actions in the defense during a game of basketball at the major league team. **Conclusions:** basketball players show the highest indicators in the third quarter and at the end of the match – in the fourth quarter there is a gradual decrease in indicators such as: the rebounds, block shots, fouls and steals, and the increase – missing the shots, ball loss.

Keywords: basketball, defense, basketball players, superleague team, control, technical and tactical actions.

Introduction. The competitive activity in the course of which a high sports result is reached, – is a logical end of the rationally organized system of sports training [6]. The modern system of training of high-class sportsmen and the system of sports competitions are two chains of one pedagogical process inseparably linked among themselves. With growth of sports skill the role and value of sports competitions grow [2; 3; 6].

Teams of the highest league of basketball in Ukraine are teams of the second level after the Superleague. These teams can be also called as teams of masters, the top skills of our country because players of both youth national team, and other combined different aged categories are their part, mainly it is sportsmen of 17-22 years old, but also more skilled players (35–40 years old) what already played for the Superleague and for national teams of last years, but on the age or the level of skill don't meet already the requirement of the best Ukrainian teams [1; 9].

Each basketball team has its own style of a game that is tactics of defense and tactics of attack. Of course that tactics of a game of high-class teams is much more difficult and more various, than in teams of CYSS. Therefore a young basketball player of 17-19 years old often faces a number of problems, such as: a slowed-down decision-making, discordance, complexity of options of a combination, lag in physical and technical preparedness [4; 7; 8].

A skillfully organized defense is not only fixed by success in attack, but also influences the nature of the subsequent actions of a team. The team which is able to be protected reliably, safely goes on a game point, using throws from different distance more often, persistently fights for a ball rebound. That who wants to win, has to strengthen defense – so a modern strategy of basketball dictates [3].

Much attention is paid from native scientists (E. Y. Doroshenko, 2014; I. V. Sobko, 2014; G. O. Sushko, 2011; M. M. Bezmilov, 2010; I. G. Maksimenko, 2010; L. Kozina, 2010, but other) to the control and the analysis of technical and tactical actions during the competitive activity for the purpose of improvement of management of the process of training of sportsmen in team sports games. However studying of these works testified that the characteristic of the general data of a team, or certain players is in most cases provided during all match, and to features of dynamics of technical and tactical actions during a game, in our opinion, not enough attention is devoted. Therefore this direction of researches is actual.

Communication of the research with scientific programs, plans, subjects. The researches were carried out according to the Built plan of the RW in the sphere of physical culture and sport for 2011-2015. The Ministries of Education, sciences, youth and sport, "Theoretic-methodical bases of improvement of the training process and the competitive activity in the structure of long-term training of sportsmen" No. of the state registration is 0111U001168.

The objective of the research: to analyze dynamics of technical and tactical actions in defense during a match at basketball players of a team of the highest league.

Tasks of this stage of researches:

1. To analyze a current state of a problem of control of protective technical and tactical actions during a basketball match in scientifically methodical literature.
2. To exercise control and to analyze dynamics of efficiency of defense at basketball players of a team of the highest league during a game.

Material and methods of the research: the analysis and generalization of scientifically methodical literature and Internet; the analysis of statistical protocols of technical and tactical actions during the competitive activity; pedagogical supervision; methods of mathematical statistics. The researches were conducted during 2012-2014. Pedagogical observations are made in Dnepropetrovsk, in actual practice of the competitive activity of a team of the highest league of basketball "Dnipro-DHSPC". We analyzed 12 home games of the championship of Ukraine among teams of the highest league of a season of 2013/2014.

Results of the research and their discussion. At the previous stage we analyzed application of ways of defense of the team "Dnipro-DHSPC". It was revealed that the team applied personal pressure, generally from a half to a platform and on the whole platform in 66% of total of different types of defense, on 17% made use of personal and zonal defense.

Indicators of the efficiency of personal defense testify that basketball players selected a ball in teams of a rival or interfered with their successful attack of a basket due to more coordinated work of feet in a protective rack and so forth in 46% of cases. But in 54% of cases this defense was inefficient; some players weren't in time by attacks which they sponsored but others.

In the table indicators of "positive" and "negative" team technical and tactical actions are given in defense of basketball players during a game.

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Dynamics of average values of technical and tactical actions in defense during a game, $\bar{X} \pm S$

Indicators TTA in defense	Quarters of a match				During a game
	I	II	III	IV	
Interception	1,5±0,11	1,6±0,33	2,0±0,35	1,1±0,11	6,2±1,20
Blocked shots	0,3±0,02	0,5±0,01	0,6±0,25	0,5±0,01	1,9±0,08
Picking up	7,1±0,21	7,3±1,56	7,3±1,35	6,6±1,56	28,3±3,45
Fouls	4,0±0,13	4,5±1,01	4,0±0,23	3,6±1,04	16,1±2,14
Passed balls	16,3±2,41	15,1±3,36	17,6±2,51	19,6±3,12	69,6±5,42
Losses of a ball of team of the rival	1,8±0,42	3,6±0,45	4,1±0,08	6,1±0,46	15,6±0,89

We referred to “positive” actions an interception of a ball blocked shots, losses of a ball in teams of the rival and picking up of a ball on the board, to “negative” – fouls, passed balls, losses of a ball at the rival (jog, double maintaining, miss, and so forth).

The analysis of the received results testifies that the team players of “Dnipro-DHSPC” carried out 76 interceptions on average 6,2±1,2 interceptions for a game for 12 games. It is revealed that the indicator of interceptions on quarters decreases by 0,4 interceptions. The greatest indicator in the third quarter the team made – 2,0±0,35 interception.

Indicators on blocked shots in the teams of “Dnipro-DHSPC” for 12 games – 24 blocked shots, and on average for a game – 1,9±0,08 blocked shots of the rival. It is revealed that the greatest indicator in the third quarter – 0,6±0,25.

Picking up – is the major element in a game in basketball at which a player seizes a ball after an unsuccessful attempt double-point or three-point throw, or the last free throw. There is a secret rule that the team which wins selection, most often wins a match.

Generally picking up is a prerogative of the forward line of a team – center and heavy forwards. However players of small height can do also selections near “big”. It is necessary to own good feeling of a position and time to select a ball. Indicators of picking up for 12 games showed that the team made 342 picking up, and on average for a game 28,3±3,45 of picking up on the board. The analysis of dynamics of picking up during a game testifies that in the first three quarters an average value – 7,2 picking up, and in the fourth quarter decreases on average on 0,7 picking up.

It should be noted that an active defensive play often leads to a violation of rules, it is shown in the table – in the first and third quarters the team does on average 4,0±0,13 fouls, and in the second – 4,5±1,01 violations of rules that, undoubtedly, negatively influences an extremity of a game and result in general. A player in basketball can receive 5 personal remarks then he has any more no right to continue a game. Besides, not only personal remarks are considered, but also command ones in general. A team which players in the sum already gathered 4 fouls and the 5th remark received is punished by penalty areas in its basket. Therefore basketball players seek to play in defense “purely”, without violations of the rules of competitions. But for various reasons (fatigue, insufficient physical fitness, absence of qualified performers on a lava spare, the great skills of players of a team rival) can’t almost be played absolutely without violations of the rules. During the conducted research it is established that basketball players of the team “Dnipro-DHSPC” carried out 194 violations of the rules for 12 games, on average for a game 16±2,14 of times.

The following indicator is passed balls for 12 games – the team “Dnipro-DHSPC” passed 826 points, on average for a game – 69±5,42 points. The analysis of indicators on quarters testifies that on average in the last quarter the team “Dnipro-DHSPC” passes on 3,6 points more, than in the previous quarters. This indicator isn’t less actual as at the end of a match usually so leaves that who passed less, that and won.

Besides, for 12 games the team “Dnipro-DHSPC” due to active defensive actions gave a team of the rival to 70 losses of a ball, on average for a game 15,6±0,89 of times that testifies to instability of players of 17-21 years old which supports teams of the highest league. Having analyzed on quarters, we can note that losses of a ball of the rival also increase in the third quarter which testifies to the bigger organization of defensive actions in the teams “Dnipro-DHSPC” after installations and recommendations of a coach during a big break of a match. At the end of a match – in the fourth quarter of a game, loss of a ball increase twice in teams of the rival. Such data testify to intensity of the last quarter, physiologic and mental fatigue, and insufficient level of integrated preparedness of basketball players of rival teams.

Conclusions. The carried-out analysis of references allowed specifying a problem of researches and to characterize types and ways of defense which are applied in modern basketball of the highest league. The analysis of references and synthesis of practical experience of training of basketball players in teams of high qualification testify to insufficient attention in modern scientific publications of researches concerning the control and the analysis of dynamics of defensive technical and tactical actions during a basketball match.

Results of the made pedagogical observations allowed to exercise control and to analyze dynamics of indicators of technical and tactical actions in defense during a game at basketball players of the team of the highest league. It is revealed that there is a gradual decrease in such indicators at the end – in the fourth quarter, as: picking up, blocked shots, fouls and interceptions, and increases – passed balls, losses of a ball of the rival.

Prospects of the subsequent researches are that the pedagogical testing by specific tests on a performance of defensive actions in basketball and definitely the level of preparedness of basketball players of the team of the highest league will be held on the basis of the received results.

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