

Instructing the method of ball shooting in the practice of young basketball players

UDC 796.332.2

**V.Yu. Yakovych¹**PhD Yu. **V. Yakovych²**¹Industrial University of Tyumen, Tyumen²University of Tyumen, Tyumen

Corresponding author: jakovychj@tyuiu.ru

Received by the editorial office on 30.01.2025

Abstract

Objective of the study was to assess the significance of ball-handling skills in the context of basketball and to explore the methods employed by coaches to teach these skills in early-stage training programs.

Methods and structure of the study. The following methods were used: analysis of scientific literature, pedagogical observation, interview, analysis of competitive activity, processing of research results. We reviewed and analyzed 54 games of the 15th international club basketball tournament among professional teams from Eastern Europe of the VTB United League in the 2023/2024 season, 33 games of the 1st round of the MLBL Championship-Ural Siberia Children among young men born in 2010 and 2012. 18 coaches of youth teams participated in the interview.

Results and conclusions. Over the past 10 years, technical and tactical actions in basketball have changed. The reason for this was a rule change in 2013 that limited the time for subsequent attacks after the first one to 14 seconds. The main emphasis in the attack began to be placed on players who, in case of time constraints, using complex and delicate ball handling, beat their opponents and complete the attack with an effective throw. The total average time of driving the ball in a basketball match was revealed. There are five main blocks of exercises aimed at teaching the technique of leading the ball in the groups of initial training, which are basic in the «ball school» of young basketball players.

Keywords: *modern basketball, dribbling in basketball, basic principles of dribbling technique in basketball.*

Introduction. Throughout the history of basketball, the rules and techniques of game techniques have changed many times. The latest change was a reduction in attack time, which forced many coaches to look for options, methods and means of dribbling the ball by all team players. The study of this problem is the most urgent today.

Modern scientific literature covers theoretical and practical issues of sports training of basketball players of various levels quite well. But the issues of training young basketball players are much less well covered. The main issue that is not reflected is the school of the ball. Thus, in the study of M.A. Sergazinova [3] it is noted that basketball players of the Russian national teams are inferior to foreign ones in the skills of beating an opponent with dribbling the ball. She sees the main problem in this in the outdated methods that are used in initial training

groups, as a result of which there is a limited set of skills in using this technique.

Objective of the study was to assess the significance of ball-handling skills in the context of basketball and to explore the methods employed by coaches to teach these skills in early-stage training programs.

Methods and structure of the study. The following methods were used: analysis of scientific literature, pedagogical observation, interview, analysis of competitive activity, processing of research results. We reviewed and analyzed 54 games of the 15th international club basketball tournament among professional teams from Eastern Europe of the VTB United League in the 2023/2024 season, 33 games of the 1st round of the MLBL Championship-Ural Siberia Children among young men born in 2010 and 2012. 18 coaches of youth teams participated in the interview.



Results of the study and discussion. We have analyzed the domestic scientific literature for the last 10 years. It can be noted that the research in the field of basketball was diverse, touching on various aspects of this game.

One of the important ones, in our opinion, was the study of the modern concept of dribbling in basketball. The authors [2] watched and analyzed the matches of the men's and women's teams of the 2016 Olympic Games. During the observations, they recorded more than twenty types of dribbling that were difficult to coordinate and determined the average time spent on this technique by players per attack. Thus, for men it was 7 seconds, for women 6. In their study [1], they systematized and classified the dribbling technique in modern basketball. In their systematization, 64 classes of dribbling and 72 classes of game situations for the possible use of dribbling were identified. Such a variety of dribbling techniques radically changes the approaches to teaching this technique. In support of this opinion, we conducted pedagogical observation of the games of the 15th international club basketball tournament among professional teams from Eastern Europe of the VTB United League in the 2023/2024 season. The object of observation was the total time of ball possession using dribbling by each of the teams during the game time. The results of the observation are presented in the table. The data analysis showed that, on average, each of the teams spent over 25% of the game time on game activities. Thus, the minimum time spent on dribbling the ball per quarter in the

games watched was 1 min 47 sec, the maximum was 3 min 19 sec.

If we take into account the fact that the ball is held alternately by two teams, it can be argued that in the total playing time both teams spent over 50% on dribbling. Thus, dribbling is the main element of the game, without which the effective activity of the team and a specific player in particular is impossible. In the study [4], when observing the games of the Higher League of the Russian Championship and the Russian Basketball Cup, the importance of dribbling was considered in organizing a fast break, in a positional attack, in an attack against a personal and zone defense system. Attention was paid to the mistakes that the players made when organizing attacks. Thus, one of the significant mistakes was the inability of the players to use both their right and left hands equally. It is necessary to take into account that in most cases, dribbling is carried out under active opposition from defenders, in connection with which the meaning and requirements for performing this technique become clear. Thus, in the proposed methodology for preparing a basketball team for a quick breakthrough, coaches had to make up for the omissions in the technical training of athletes made at the initial stages of sports training. We watched the games of the 1st round of the current MBL-Children Ural Siberia Championship among young men born in 2010 and 2012. Observation showed that each team adhered to its own specific tactics of playing in attack. For the attack, some teams had the same point guards. In

Results of the teams' spending of playing time on dribbling the ball in matches (n=54)

Teams	Average time (Xcp) of dribbling the ball in each quarter (min)				% dribbling time per match
	1 quarter	2 quarter	3 quarter	4 quarter	
Avtodor	02:27	02:43	02:44	02:38	25,8
Astana	02:35	02:32	02:51	02:41	25,9
Yenisei	03:06	02:17	02:52	03:16	28,3
Zenit	02:39	02:49	02:31	02:56	26,4
Lokomotiv-Kuban	02:43	02:37	02:56	02:55	27,8
MBA	03:00	02:52	02:39	02:46	27,9
Minsk	02:47	02:42	02:49	02:52	27,7
Paris Nizhny Novgorod	02:51	02:41	02:35	02:29	25,9
Parma	02:40	02:51	02:36	02:53	27,5
Runa	02:34	02:28	02:42	02:33	25,4
Samara	02:27	02:46	02:37	02:42	25,8
UNICS	02:40	02:43	02:37	02:34	25,8
Uralmash	02:35	02:45	03:01	02:50	27,8
CSKA	02:36	02:33	02:47	02:20	25,4
TOTAL	02:41	02:40	02:44	02:45	26,25



others, the tactics were used to start attacks by using three players, numbers 1, 2 and 3. Only in a few teams could any player from the five start an attack. In almost all games, the attack ended after the first attack either with a successful basket, or a turnover, or a penalty throw. The second attack was rarely played. In cases of ball recovery by the attacking team, often only one technical and tactical action was performed – a three-point throw from the arc. When observing the game of participants who carried out an attack with dribbling, the following problems with dribbling technique were identified: the ball was brought out to the leading hand before the throw – the non-leading hand was rarely used; the throwing movement with two steps began at the beginning of the dead zone of the shield – the player had to lean back to throw; high dribbling during an attack from the arc, as a result of which there were many losses of the ball; receiving the ball for an attack with subsequent dribbling was carried out on straight legs, which led to a loss of time for the beginning of the attack. Few young athletes demonstrated good ball schooling.

In this regard, we interviewed coaches working with initial training groups and 1st and 2nd year training groups. The purpose of the interview was to identify exercises used to teach dribbling techniques. A total of 18 people were interviewed. All had higher education, specializing in basketball, first and highest qualification category. Work experience ranged from 6 to 23 years.

As a result of the interview, we found out that dribbling is given attention at almost every training session. In initial training groups, all students are involved in this process according to the general methodology. In training groups, the training process includes classes with technical and tactical actions using dribbling taking into account the future role. In the training process, according to the coaches (77%), it is necessary to constantly monitor the technique of dribbling. When discussing the tools used by coaches to teach dribbling techniques, we identified several blocks of exercises:

- exercises to control the ball while dribbling;
- exercises to teach how to start dribbling;
- exercises to beat the opponents' defense;
- exercises to pass the ball while dribbling;
- exercises to attack the hoop using dribbling.

Each of the blocks includes exercises aimed at solving similar, but at the same time diverse tasks.

When discussing the issue of the versatility of a player who can do the job of any number on the court, the opinions of coaches were divided. Almost 72% (13 respondents) are of the opinion that children have different levels of skills, so the main task of a coach is to develop them to the maximum level. In this regard, already at the early stages of sports training, they try to determine the future role of the child.

The rest of the coaches, 18% (five respondents), have a completely different point of view. They believe that players should be versatile. In their opinion, there should be no one-dimensional players in modern basketball. A successful and effective player is considered to be one who is well-rounded, and the team's success is possible only when each player on the court can do everything.

We also tried to find out what tests coaches use in their work to determine the quality of dribbling technique. We were offered various options for dribbling with racks, without racks, using chips, cones and special devices in the form of basketball dummies of defenders. At the same time, they believe that there is no test that would be informative for all indicators, so we have to resort to several.

The coaches identified several indicators as criteria for the requirements for ball handling technique. In first place, they consider the player's ability to use the right and left hand at the same level with asynchronous work of the arms and legs. The second criterion was the ability to correctly hold the body position, that is, to be in a basketball player's stance. Indicators such as the ability to move at high speed with elements of abrupt stops and sudden jerks were also noted. An important criterion, the coaches highlight is the ability to dribble the ball without visual control.

Conclusions. Based on the above, it can be stated that:

1. Dribbling in a basketball match by both teams takes up over 50% of the game time. This technique is important in competitive activities.
2. Basic elements of dribbling technique should be laid at the initial stage of sports training with constant monitoring of the main characteristics during execution.
3. In the galaxy of children's coaches, there are two points of view on the functional significance of a player on the court, which determines team technical and tactical actions on the court. Teams without clearly expressed roles on the court, with a well-established base of dribbling technique, looked more



successful in competitive activities in the tournament we watched.

4. During the interview with coaches, five blocks of exercises were identified aimed at dribbling technique. Most of the exercises are standard, without the possibility of making independent decisions.

5. There is a real need to develop new teaching aids aimed at improving the quality of ball handling in initial training groups, taking into account the model characteristics of modern basketball.

References

1. Sergazinova M.A., Minina L.N., Losin B.E., Elievich S.N. Klassifikatsiya vedeniya myacha v basketbole. Uchenyye zapiski universiteta im. P.F. Lesgafta. 2020. No. 3 (181). pp. 393-397.
2. Sergazinova M.A., Minina L.N., Losin B.E., Elievich S.N. Sovremennyye predstavleniya o vedenii myacha v basketbole. Uchenyye zapiski universiteta im. P.F. Lesgafta. 2020. No. 3 (181). pp. 397-401.
3. Sergazinova M.A. Obucheniye slozhnokoordinatsionnym vidam vedeniya myacha v podgotovke yunikh basketbolistok. PhD diss. abstract. Natsionalnyy gosudarstvennyy universitet fizicheskoy kultury, sporta i zdorovya im. P.F. Lesgafta, St. Peterburg. St. Peterburg, 2021. 23 p.
4. Suchkov I.A., Yakovykh Yu.V. Issledovaniye realizatsii sistemy bystrogo proryva v sorevnovatelnoy deyatel'nosti basketbolnykh komand vysokoy kvalifikatsii. Mezhdunarodnyy nauchno-issledovatel'skiy zhurnal. 2017. No. 5 (59) Part 2. pp. 68-71.