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**RELATIONSHIP OF SELECTED COORDINATIVE
ABILITY WITH THE PERFORMANCE OF
BASKETBALL PLAYERS**

Relationship of Selected Coordinative Ability with the Performance of Basketball Players

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Abstract:- Coordinative abilities are important for learning of sports technique and for their continuous refinement and modification during long training process. The study was conducted on 30 male basketball players to find out the relationship between coordinative ability with the performance of basketball players. To measure differentiation ability backward medicine ball throw test was administered, to measure reaction ability ball reaction ability test was administered, to measure the balance ability long nose test was administered. To measure the rhythm sprint at a given rhythm test was administered and to measure the performance simple basketball performance test based on subjective judgment will be considered. Pearson's product movement correlation was applied to find out the relationship between selected coordinative abilities and performance of basketball players. For testing the hypothesis the level of significance was set at 0.05. Results: In this study there was significant relationship between the differentiation ability, reaction ability and rhythm ability with the performance of playing ability of basketball players.

INTRODUCTION

Basketball occupies a significant place among all other games and sports. It has become a very game in the world. Modern basketball is very fast by its nature. The spectators and players enjoy the game of basketball with a great amount of merriment. It is a great energetic game giving enjoyment and pleasure and demanding fitness and dedication.

Basketball has been called the international sports of 1980's. there is hardly a corner of the earth where people of all ages and both sexes have not been attracted by this game of fast movement, amazing accuracy and thrilling , sometimes extraordinary finishes. The continual thrills of attack and counter attack appeals to players and spectators who can remain warm, dry and comfortable as they support their chosen team.

Coordinative ability have important and strong link with the motor skills as motor coordination forms the basis of both coordinative abilities becomes effective in moments only through the motor abilities determined drives and cognitive process . Coordinative abilities should not be equated with motor skill though both are determined by the motor coordination process. In a motor skill process are largely automatised for the execution of particular movement. In coordinative abilities this processes are just stabilized and perfected for the execution of wide number of movements, however has a positive effect on the

coordinative abilities and belongs to the performance factor technique or coordination.

Insufficient acquisition of coordinative abilities limits the performance ability especially at higher levels. On the contrary, better developed, coordinative abilities provide an essential base for faster and effective learning, stabilization and variation in technique and their successful execution in game situation. The quantities of all fundamental, mechanical skills, the rhythm, flow; accuracy, amplitude etc. are improved by coordinative abilities.

METHODOLOGY

The study was conducted on 30 male basketball players. To measure differentiation ability backward medicine ball throw test was administered, to measure reaction ability ball reaction ability test was administered, to measure the balance ability long nose test was administered. To measure the rhythm sprint at a given rhythm test was administered and to measure the performance simple basketball performance test based on subjective judgment will be considered.

STATISTICAL TECHNIQUE

Pearson's product movement correlation was applied to find out the relationship between selected coordinative abilities and performance of basketball

players. For testing the hypothesis the level of significance was set at 0.05

RELATIONSHIP OF SELECTED COORDINATIVE ABILITY WITH THE
PERFORMANCE OF PLAYING ABILITY OF BASKETBALL PLAYERS

SL.NO	Coordinative Ability	Correlation
1	Differentiation Ability	.378*
2	Reaction Ability	.463*
3	Balance Ability	.182
4	Rhythm Ability	.374*

*Significant at 0.05 level

Tab (28) =0.361

DISCUSSION OF FINDINGS

In this study there was significant relationship between the differentiation ability, reaction ability and rhythm ability with the performance of playing ability of basketball players.

Differentiation ability enables the player to use the body parts in different manner for a single task which helps the player to execute the skill with the high accuracy which may be one of the reasons for significant relationship. In basketball players have to react very quickly while executing the skill in playing situation. Hence it may also be one of the causes for significant relationship. In basketball movements are rhythmic in nature, players have to adjust their rhythm while moving with the ball, due to this significant relationship shown by the rhythm ability with the performance of playing ability of basketball players.

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