The effect of an educational program with a learning style under practice conditions on the learning outcomes of some offensive basketball skills

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Abstract:

The importance of the research lies in applying a new learning method based on the use of skillful educational exercises under conditions similar to the conditions of the match in terms of the level of performance intensity to develop the accuracy of the performance of some types of correction of the research sample and reach them to an ideal level. As for the research problem, it lies in not taking into account the degree of physical and nervous excitement of learners when competition during matches during preparing the exercises used to learn basketball scoring skills. The current research also aimed to prepare an educational program using the method of learning under competition conditions through special exercises for some types of correction in the basket, as well as identifying the effect of the educational program on developing some correction skills in the basket. The researchers used the experimental approach and the researchers identified the research community from the players of the specialized school Basketball, basketball and ages (14-16). The number of 25 students who were chosen intentionally as they were divided randomly (by clouds) in two groups: the experimental group and 10 players and the control group and the number of 10 and excluded five players for not meeting deadlines Training units, tribal tests were conducted and then the educational program was implemented by 12 educational units and then conducting post-test. After applying the appropriate statistical means, the results showed the superiority of the experimental group members over the control group, and this indicates the advantage of the learning style under competition conditions over the method followed by the coach.

***Keywords** : educational program , practice conditions , learning outcomes , offensive basketball skills.*

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I. Introduction:

We must choose the best methods to develop the accuracy of basic basketball performance and to reach learners with the required skill performance that depends on many variables, including the types of exercises used that are appropriate to the type of skill. Because it is necessary that there be approaches between the learning conditions and the conditions of real performance during the competition by preparing exercises that perform under a certain level of physical effort and through the foregoing. The importance of research lies with the use of skillful educational exercises under conditions similar to the conditions of the match in terms of the level of performance intensity to develop the accuracy of the performance of some types of correction of the research sample and reach them to an ideal level.

Research problem:

The use of modern exercises is of great importance in the process of developing basic skills, as it qualifies the athlete to obtain the basic skill required through an integrated vision to perform the skill in various aspects.

Through the experience of the researchers in the basketball game, especially the teaching of its skills, they noticed that the nature of the exercises used in teaching most of its skills does not mimic the nature of performance of these skills during play in terms of the degree of physical arousal . And its direct impact on the efficiency of the central nervous system is the main controller of motor performance. This is what we notice from the difference between performance during educational units and performance during games.

Here, the research problem lies in not taking into account the degree of physical and nervous excitement of learners when competing during matches in preparing exercises used to learn basketball scoring skills.

Research objectives:

1. Preparing an educational program using the method of learning under competition conditions through special exercises for some types of basketball scoring.

2. Identifying the effect of the educational program on developing some basketball scoring skills.

Research hypotheses: -

1. There are statistically significant differences between the results of the tests (pre and post) for the two research groups (experimental and control) in developing some types of basketball scoring.

2. There are statistically significant differences between the results of (post – test) of the two groups (experimental and control) in developing some types of basketball scoring.

Research areas:

1 The Human Domain:

Specialized Basketball School (25 players)

2 Time domain:

From 10/10/2019 to 1/2/22020

3 Spatial domain:

Indoor sports hall of specialized school

Research methodology and field procedures:

II.   Research Methodology:

The experimental approach was adopted using the two equal groups (experimental and control) with the pre and post tests, as "an experimental group and a control group can be used according to the importance of controlling factors and the degree of accuracy envisaged from the experiment" in order to suit the nature of the research. (1)

Research community and its sample:

The process of selecting the sample is one of the important pillars in the main practical research science, as it "represents a part of the real community or the model on which the researcher conducts an overall and central axis of his work" (2)

The researcher identified the research community from the basketball school's specialized players in basketball with ages from (14-16) and numbering 25 students, who represent 100% of the total community, who were chosen intentionally. They were divided by random method (by choose method) in two groups: The first group represented the experimental group and they were 10 players, while the second group represented the control group and their number 10 were excluded, and five players were excluded for not meeting the dates of the training units.

Homogeneity of the sample:

The researchers performed Homogeneity by pre-tribal tests of the two groups (experimental and control).

Table (1) shows the results of the arithmetic mean, standard deviations and T value, and the error level of the pre-test tests for the two groups (experimental - control)

result	sig	T value	Experimental		Control		Measure unit	Variables
			SD	mean	SD	mean		
Not sig	0.20	1.31	3.01	11.00	1.95	9.50	point	Peaceful scoring
Not sig	0.06	2.02	1.75	9.80	2.57	7.80	point	Jump scoring

* Significance level: 0.05

* Degree of freedom: 18

III.   Research tests:

Jump scoring test:

By jumping from the left of the free throw line, then moving semi-circular to the center and to the right (3)

The goal of the test: to measure the accuracy of the scoring

Peaceful scoring test:

The goal of the test: to measure the speed and accuracy of peaceful scoring (4)

Pre- tests:

The pre-test tests were conducted on the research sample in the closed gymnasium by the assistant team at four o'clock in the afternoon on Thursday, 10/10/2019.

The educational program:

The educational program was prepared by researchers, which was based on the use of physical exercises and with specific and graduated training intensities. The aim of the program was to raise the degree of effort and arousal for the functional organs and the central nervous system for learners, which in turn creates nervous and physical pressure on the learner. It is somewhat similar to the effort during the competition in the game, on one hand; on the other hand, the educational program included skillful exercises to learn the skills of scoring from jumping and peaceful scoring.

After the researchers finished preparing the program in its final form, they implemented it, as the program consisted of 12 educational units and two educational units per week. The first unit was on Thursday 17/10/2019 and lasted 6 weeks, and the last educational unit was on 2/11/2019.

Post- tests

The post-test was conducted on Sunday, 3/11/2019 at four o'clock in the closed sports hall of the specialized school, after completing the implementation of the program with all 12 educational units. The researchers provided the same conditions in which the pre- tests were carried out for the two groups (experimental and control).

Statistical means:

The researcher used the following statistical methods "(5):

1. The Statistical Package (SPSS.

2. Torsion coefficient.

3. The arithmetic mean.

4. Standard deviation.

5. The range.

6. Percentage.

7. T-Test for Bonded and Unrelated Samples.

8. Pearson correlation coefficient..

8. Pearson correlation coefficient.

Chapter Four

Presentation and discussion of results

Presenting and discussing the results of means, standard deviations, the value of (T), level of error and significance of differences for (pre and post) tests of the control group.

Table (2) shows the results of means differences, standard deviations, calculated value (T), error level, and significance of differences for pre and post tests of the control group and discussing it.

sig	Error level	T value	DE	post		pre		Unit measure	Variables
				SD	mean	SD	mean		
sig	0,03	2,57	0,21	2,16	11,00	1,95	9,50	2 point	Peaceful scoring
sig	0,01	3,00	0,28	2,85	8,80	2,57	7,80	2 point	Jump shotting

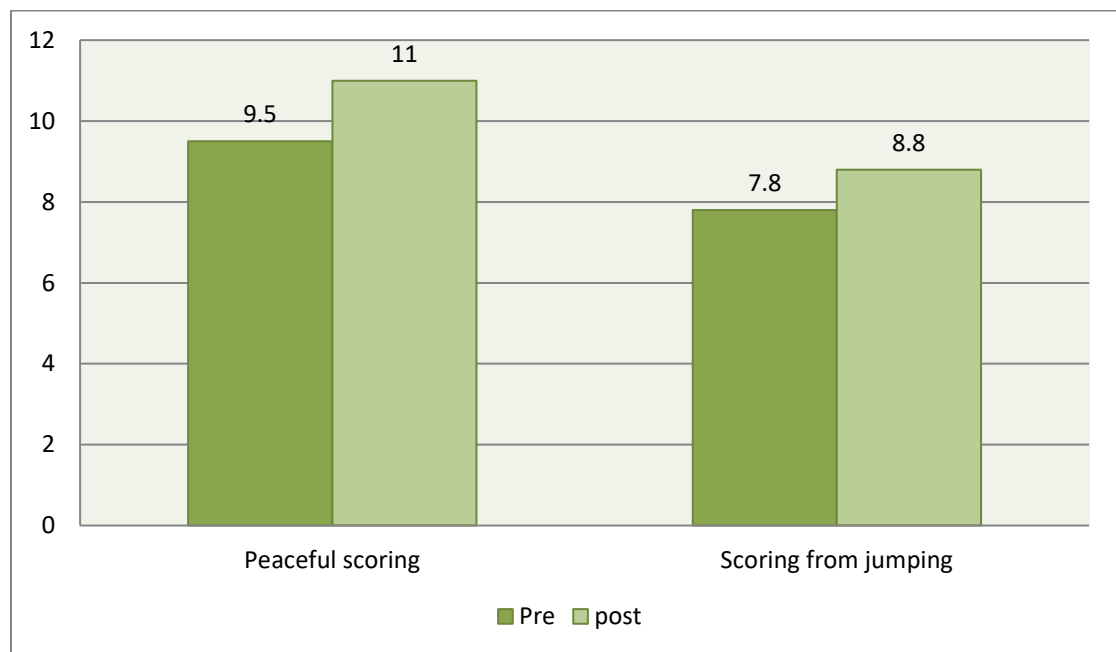Degree of freedom= 9

Significance level= 0.05

Figure (1)

The pre and post -test of the control group

Present the results of mean, standard deviation, (T) value, error level, and significance of differences for pre and post- tests of the experimental group.

Table (3) shows the arithmetic mean, the standard deviations, the calculated T value, the error level and the significant significance of the variables for the experimental group.

sig	Error level	T value	DE	post		pre		Unit measure	Variables
				SD	mean	SD	mean		
sig	0,04	2,28	3,04	1,03	13,20	3,01	11,00	2 point	Peaceful scoring
sig	0,01	3,28	1,34	0,89	11,20	1,75	9,80	2 point	Jump scoring

Degree of freedom= 9
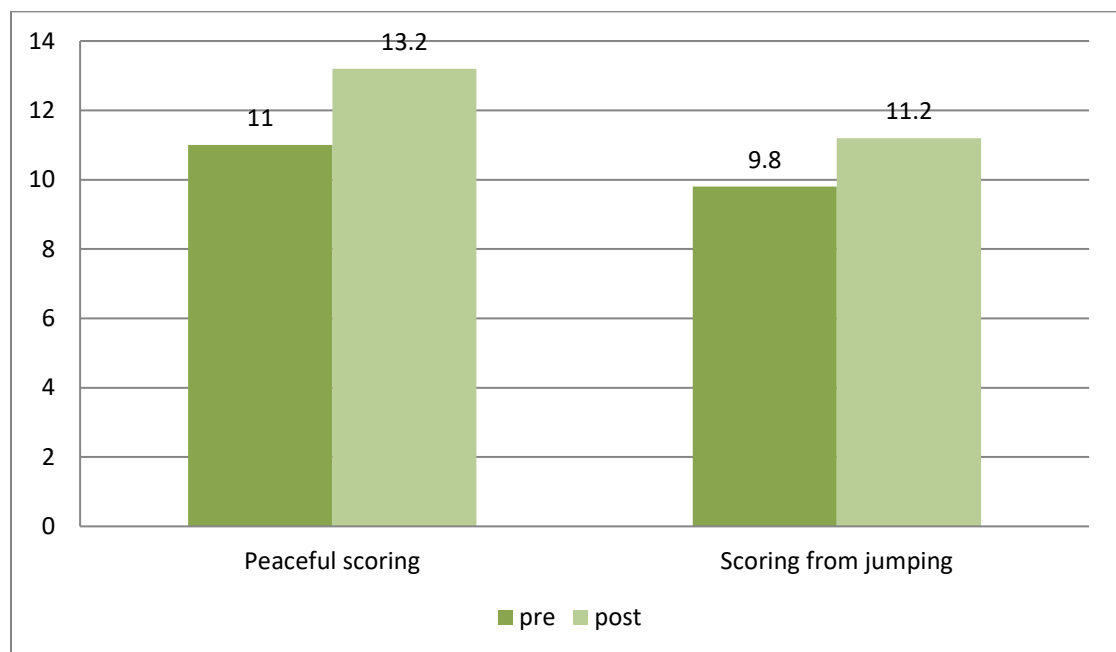
Significance level= 0.05

Figure 2

Demonstrates pre and post -tests of the experimental group

Presenting and discussing the results of the mean, standard deviations, calculated T value , error level and significance of differences for the two groups (experimental and control)

Table (3) shows the results of the mean, the standard deviations, the calculated T value , the error level and the significance of the differences for the two groups' (experimental and control) .

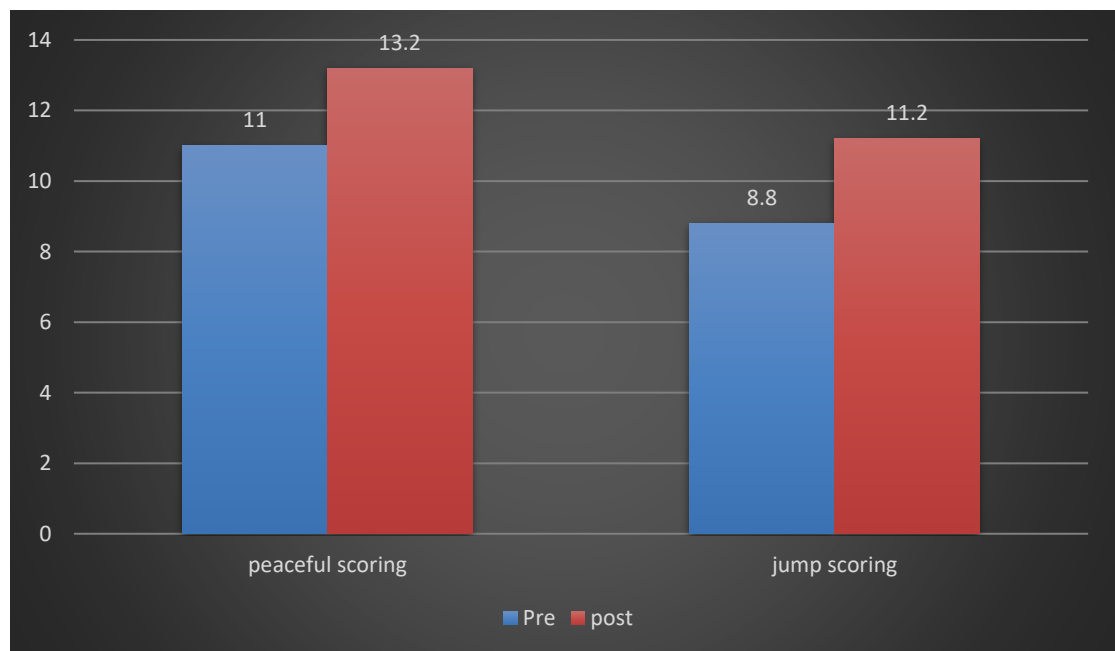| result	sig	T value	Experimental		Control		Measu re unit	Variables
			SD	mean	SD	mean		
sig	0,00	2,90	1,03	13,20	2,16	11,00	2 point	Peaceful scoring
sig	0,02	2,49	0,89	11,20	2,85	8,80	2 point	Jump scoring

Freedom = 18

Significance level = 0.05

Figure (3) shows the post test for the experimental and control group

IV. Discussion:

Table (3) for the post-tests of the two groups (experimental and control) shows that there are significant differences with statistical significance between the two tests and in favor of the post-tests of the experimental group through error ratio values and for all tests being less than the level of significance of 0.05. This indicates development in Peaceful scoring skills and jump scoring of the experimental group who scored a clear advantage over the control group. The researcher attributes the reason for these differences and development to the experimental group to the safety and effectiveness of the exercises and the effective impact of the nature of these exercises. The researchers employed the use of exercises to enhance and increase the process of developing peaceful scoring and jump scoring, as well as in the diversification of exercises during the main experience its impact in the results .

The researchers also attribute the development achieved by the members of the experimental group in peaceful scoring skills and jump scoring to the nature of stomach exercises. These exercises have a property that has caused adaptation in the work of the central nervous system as it increased the efficiency of the nervous system in working under conditions of high voltage similar to the conditions of competition through its ability to continue motor performance with high concentration under high voltage.

"Training in a diversified and variable way using stimuli as educational means is more effective in learning than training consistently without any change." (6) In addition to the interaction of players with the atmosphere of educational units in a spirit of seriousness and suspense, and without getting bored during performance, as well as repetitions in the performance Skills that played a role in developing them through the number and diversification of attempts.

The importance of diversification exercises and training methods for the purpose of bringing the learner to a situation close to the reality of play is of great importance. In light of this, Nader Fahmy and others mention that "good learning is learning that leads to an increase in the transfer of impact from the learning situation to other new situations."

Likewise, the exercises prepared by the researchers took into consideration the use of the correct repetitions and the progressive mechanism with it, and this was shown by Schmidt that "learning requires repeated attempts to successfully accomplish the skill" which helps to increase the accuracy of performance and improve achievement (5).

V. Conclusions and recommendations:

Conclusions:

1- The training curriculum used by the trainer has a noticeable effect in developing of peaceful scoring and jump scoring skills.

2- The educational program prepared by researchers has a noticeable effect in developing peaceful scoring and jump scoring skills.

3- The results demonstrated the preference of the educational program prepared by researchers based on the use of the learning method under competition conditions over the training curriculum followed by the trainer.

Recommendations:

1- Adopting the method of learning under competition conditions in learning the skills of the basketball game.

2- Carrying out similar studies by experimenting with the learning method under competition conditions for differential and individual games.

3- Using the learning method under competition conditions with different age groups.

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