

# Realizing the Distance in the Feet and Its Relation to the Accurate Layup Scoring of Basketball for Students

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## **Abstract---**

### **Research Objective:**

1. *Knowing the values and realizing the distance in the basketball for students.*
2. *Knowing the values and realizing the accuracy of layup scoring in basketball for students.*
3. *Learn about the relationship between the perception of distance in the feet and the accuracy and layup goal of basketball for students.*

*And the researcher assumes the following: There is a positive relationship between the realization of the distance with the feet accurately and the layup goal of basketball for students*

*Research methodology and field procedures: The researcher used the descriptive approach to its suitability to the nature of the research problem, and the research community included students of the Faculty of Physical Education and Sports Science - University of Karbala - the first stage. One division was chosen as a sample for research and by random method (the lottery), and they are Division (C), whose number is (30). The research sample formed (33.3%) of the research community, which is a record percentage that excluded students practicing the game, and verify its statistical data using the bag Statistical SPSS and research findings show:*

1. *There is a significant correlation between the perception of distance with the feet and the success of the layup scoring in basketball for students.*
2. *Students who have good perception of distance with the feet were more successful in their attempts to score layup.*

**Keywords---** *Accurate, Layup and Scoring.*

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## **I. INTRODUCTION**

Basketball is characterized by its various skills and with a rapid nature, which requires the performance of great accuracy in order to hit the target, and these fresh skills, scoring, handling, offensive follow-up and other skills. The perception of distance is an important variable for many sports skills in general and basketball in particular. You do not need to know the distance for many of its skills, including the skill of layup scoring, and here lies the importance of research by entering into a topic that has an effective role in (perception of distance with the feet and their relationship to precision layup scoring in basketball For students), as this study helps to reach the best performance and with a smooth flow, as well as this study provides elements, excitement, encouragement and confidence in the progress in learning the skill under study.<sup>1</sup>

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Through the researcher's observation of the students in some practical lessons in basketball, he noticed that some students do not have sufficient accuracy when performing the skill of layup scoring because of the last step that was not in the appropriate place to qualify him to perform scoring time and time again, so the researcher believes that the reason for this is the weakness of awareness of the distance The feet of the students who wish to search in this field to find out the reasons for their treatment.

### ***Research Objectives***

1. Knowing the values and realizing the distance in the basketball for students.
2. Knowing the values and realizing the accuracy of layup scoring in basketball for students.
3. Learn about the relationship between the perception of distance in the feet and the accuracy and layup goal of basketball for students.

### ***Research Hypotheses***

- There is a positive relationship between the realization of the distance with the feet accurately and the layup goal of basketball for students.

### ***Research Fields***

- The human field: students of the first stage - College of Physical Education and Sports Science - University of Karbala 2017-2019
- Period: 12/3/2019.
- Spatial field: Boxing Hall - College of Physical Education and Sports Science - University of Karbala.

## **II. RESEARCH METHODOLOGY AND FIELD PROCEDURES**

### ***Research Methodology***

The researcher used the descriptive approach, and this is what he considers consistent with the problem of his research and achieving his study goals. The research method is "the way the researcher pursues to achieve the goals of his research based on an appropriate sentence to reveal the truth" .<sup>2</sup>

### ***Community and Research Sample***

The researcher identified the research community, and they are students of the College of Physical Education and Sports Science - University of Karbala - the first stage. And one division was chosen as a sample for research and by random method (the lottery), and they are Division (C), whose number is (30). The same sample formed (33.3%) of the research community, which is a record percentage.

### ***The Means, Devices and Tools Used in the Research***

1. Arab and foreign sources.
2. Observation and experimentation.
3. Personal interview.
4. Data collection and unloading form.
5. Skill test to perform scoring from layup movement.

6. Basketball court.
7. Basketball.
8. A tape measure.
9. Chalk.
10. An eye gang.
11. Whistle (2).
12. Condition of signs.

### **III. RESEARCH TESTS**

#### ***Scoring Test from Layup Movement<sup>3</sup>***

Aim of the test: The test aims to assess the level of scoring.

Devices and tools used: Basketball, the goal of basketball.

How to take the test: The player performs a plump from the middle of the basketball court towards the goal, triple performance, then scoring.

#### ***Test Conditions***

1. The laboratory is given 5 attempts.
2. The triple must be legally required.
3. The ball that enters the goal after committing a legal mistake in the triple play is not counted among the goals recorded in the ten attempts.

#### ***Registration***

1. One point is scored for each successful attempt at scoring.
2. The highest point the laboratory obtains is 10 points.

#### ***Feet Perception Test<sup>4</sup>***

**Purpose of the test:** Measuring the ability to perceive distance in feet. And it is done by identifying the extent of proximity or distance from the line specified by the distance of the foot transfer, provided that the sense of sight is not used either.

#### ***Tools***

1. The tape measure
2. Gang on the eyes
3. Chalk
4. Marker bar

#### ***Test Specifications***

1. Draw two lines on the ground with the distance between them (29.4 cm)
2. The player stands on the starting line.
3. See the distance required to move the foot aside.

4. Place the gang on the eyes and wait 5 seconds.
5. Try to move the right feet on the second line to achieve the required distance
6. Trying to achieve the required distance accurately and reduce errors of moving away from the specified line.
7. It gives 5 attempts.

**Registration**

1. Every attempt is made to record the distance approaching (29.4 cm) between the eyes
2. In the end, the three attempts are calculated.

**Pilot Study**

It is a mini-experiment for the main experiment. The experiment was conducted on Thursday (3/3/2019) aimed at identifying the difficulties and problems that the researcher may face in his research and knowing the time taken in the tests and knowing the extent of the scientific foundations of the test in the objective and the objective stability.

Where the objective of the pilot study was:

1. To what extent students understand and understand the test vocabulary.
2. Ensuring the fitness of the stadium, equipment and tools that will be used in the main experience.
3. Obstacles and difficulties that the researcher may face when taking the test by offering to overcome it.
4. Setting the time required for the test.
5. Ensuring the validity of the test prepared for evaluation.

**The Main Experience**

The main experiment was to conduct distance testing in the feet and test the performance of the accuracy of layup scoring in the basketball, which the researcher applied to the research sample and they are the first stage students \_ University of Karbala \_ College of Physical Education and Sports Science as the researcher conducted a test to realize the distance in the feet and test the accuracy of layup scoring over one day (On Monday \_ 9:00 a.m. 12/3/2019) such as the distance perception test in the feet and the same day. The number of attempts each student is granted (5) attempts.

Registration: Points are calculated, where each player scores one point for every successful goal, and the point is not counted in the event that the ball is not in the basket, The highest point that can be obtained is only 10 points for each student.

**IV. RESULTS AND DISCUSSIONS**

Table 1: Shows the Coefficient of Correlation between Perception of Distance and Feet and Its Relationship to Performance Accuracy

Attempts	Mean	SD	Correlation coefficient(r)	Significance level	Type of indication
Realizing the distance to the feet and its relationship to the accuracy of performance	7.3	0.901	0.367	0.046	Sig.
Feet perception test	97.367	0.89			

At the significance level (0.05) and the degree of freedom  $n - 1 = 30 - 1 = 29$  and the correlation coefficient value is less than (1).

The table shows that there is a significant correlation statistically significant between the perception of the distance to the feet and the accuracy of the performance of a layup goal, where the value of the level of significance was less than (0.05) and this shows that perception among students is the factors affecting the level of achievement, especially in basketball and this is confirmed by "Perception leads an athlete to success with his movements, and gives the ability to discover the new tactic, and the ability to kinetic compatibility."<sup>5</sup> In addition, perception has a direct impact on developing skill performance, accuracy, and acquiring new skills, as well as playing situations, especially when aiming, need some internal sensations such as a sense of direction, distance, and a sense of time more than any other sense, which provides players with broad prospects in realizing the largest set of surrounding variables. Sensory receptors in the muscles, tendons, and joints send sensory nerve signals that carry information about the extent of the muscle's shortening or lengthening, the extent of its tension and relaxation, and the speed of the biting contraction.<sup>6</sup> Me and his strength, and the conditions of the various body parts and the body conditions as a whole, and about the changes of this information to the accuracy of the player's assessment of kinetic performance through controlling the nervous system in the performance of acquired movements and their mastery during the processes of kinetic learning and sports training,<sup>7</sup> as well as spatial perception, such as many importance in kinetic work as the awareness Spatiality can be coordinated by the sensations of movements and what is important in realizing the spatial characteristics of the material (shape, size, composition, distances between the materials, the dimension) where the sense of sight plays an important role in this field . The researcher attributes this to the awareness of the distance in the feet, the awareness of the distance of the jump, and the movement of the arm with the ball, which came through repetitions of the skill and the speed of learning the motor skill. The higher the level of motor performance, the higher the level of motor skills.<sup>8</sup>

## V. CONCLUSIONS

1. There is a significant correlation between the awareness of distance between the two men and the success of the layup scoring in basketball for students.
2. Students who have good perception of distance with the two men were more successful in their attempts to score layup.

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