THE OPTIMIZATION OF INITIAL SELECTION FOR THE BASKETBALL BEGINNERS GROUPS.

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Abstract: Introduction. We found that the selection process is carried out, most often empirically in basketball, while recognizing unanimously that the directed selection is a key factor in achieving athletic performance. We considered that achieving optimization of the selection process is a priority, which tried to accomplish in this study.

By the quality of selection performance depends on the value of the player and later on, implicate, the team, therefore must put a special emphasis on making on a scientific basis selection, thereby avoiding an unnecessary amount of work and material investments which may not be realized.

Methods and means. The subjects of the research (two groups of children – 20, aged 8-10 years.) were included in groups of beginners on the basis of results criteria and evidence contained in the draft model selection.

To verify and assess the somatic type, the development of motor skills and inclinations for children to practice basketball game, we introduced the draft model selection on the following criteria and evidence:

- Anthropometric examination
- General evidence
- Specific evidence
- favoring predispositions determined through a motion game

Results. We note that for each result obtained, the children received a number of points included in the tables.

Conclusion. The developed project selection model has proved its effectiveness partially, namely children and their inclusion in the selected groups of beginners, as a subject of the proposed experiment.

Key words: criteria, testing, methods, training games.

Introduction

The research proposes a study on an issue of theoretical and especially practical nature, that unfortunately only in the recent past has become a fundamental concern and a subject of study for specialists in the field, namely: the initial selection - decisive factor in creating conditions for the achieving of great performance - based on the model selection, followed by initiation of children in technique of basketball game.

Starting from theoretical and practical experience, gained as player - coach, I found that the selection process is conducted mostly empirically directed in basketball, while recognizing unanimously that the selection is a key factor in achieving athletic performance. (For example: the World Congress of Genetics in Rome, 1985, attributed 70% to the selection and only 30% to getting training for athletic performance).

Literature, scientific research documents that order sport performance, questions debated at conferences and professional topics of teacher training courses, have always looked for different ways to include initial selection essence. Thus, it has been defined as:

-as an organized and repeated process for the early detection of innate child availabilities, junior, using a complex system of criteria (medical, biological and psycho-sociological motive), to be practiced and the subsequent specialization in a discipline or sports events.**[1]**

It is a process in determining future children, youth training activities to obtain outstanding performance.

The selection depends on the value of the future player quality performancesand therefore the team. [2] The selection is defined as a specialists systematic activity, held on the basis of biological and psychological screening directed towards children with

special skills for practicing various sports branches**. [3]**

Methods and means

The study focused on:

- Highlighting the importance of the initial selection at the age of 8-10 years;
- Proposing a draft selection model for children 8-10 years;
- It is equally attractive and pleasant and effective, to initiate children of 8-10 years in basketball, directly through the race game or is it recommended the classical training methodology on basketball players?

To verify and assess the somatic type, the development of motor skills and inclinations for children to practice basketball game, we introduced the draft model selection criteria and the following tests:

- Anthropometric examination
- General tests
- Specific tests
- favoring predisposition determined through a motion game, we note that for each result obtained, the children received a number of points included in the tables.

The children have been selected on the basis of the tests contained in the draft proposed selection, but not all results have been positive on the necessity to include them in groups of beginners remaining with 40 children for the activity. The two groups (control group and the experiment) were formed so as to be approximately equal in terms of numbers and values. Their ranking was achieved by overlapping the points received in the anthropometric examination and in the other tests.

Results:

The research results were collected and grouped into work tables attached below.

Table no. 1

	10 pct.	9 pct.	8 pct.	7 pct.	6 pct.	5 pct.
waist(cm)	132-138	131-129	128-126	125-123	122-120	119-117
weight (kg)	31-34	30-28	27-25	24-22	21-19	18
span (cm)	132-139	131-130	129-127	126-124	123-121	120-118
Lower limbs length (cm)	64-67	63-61	60-58	57-55	54-52	51-49
palm length (cm)	13,6-14,1	13,5-13,3	13,2-12,9	12,8-12,6	12,5-12,3	12,2-12,1

Tabel no. 2

Tests score	Speed running 50 m	Standing long jump	Hanging on horizontal bar	"shuttle"Skill test	trunk Lifting	coxo-femoral Mobility
5 points	10”5-10”7	1,25-1,14	49”-34”	11”5-12”	9-8	50
6 points	10”1-10”4	1,33-1,26	57”-50”	10”8-11”4	12-10	51
7 points	9”8-10”	1,43-1,34	1”11-58”	10”4-10”7	15-13	53-52
8 points	9”5-9”7	1,50-1,44	1”20-1”12	9”8-10”3	16	56-54
9 points	9”2-9”4	1,56-1,51	1”32-1”21	9”3-9”7	19-17	59-57
10 points	8”9-9”1	1,62-1,57	1”54-1”33	8”5-9”2	23-20	61-60

Table no.3

Tests score	28 meters dribling with the skillful hand	Throwing at fixed target	balls Recovery
10 points	9 "6 - 9 "8	5 successful of 5 attempts	17" - 18"
9 points	9"81 - 9"99	4 successful of 5 attempts	18"1 - 19"
8 points	10" - 1Q"12	3 successful of 5 attempts	19"1 -20"

7 points	10"13 - 10"30	2 successful of 5 attempts	20"1 - 21"
6 points	10"31 - 11"	1 successful of 5 attempts	21 "1 -22"
5 points	11"1 - 12"	None successful of 5 attempts	22"1 - 23"

General and specific tests were the initial testing of children, with the final test, the specific testing content underwent some changes: throwing at fixed target was replaced with shooting from a standstill in 5 positions previously established at a distance of 2 m from the basketball backboard. The scoring system has remained unchanged.
We have included a new test, namely: step with both hands on the chest, individually, at a distance of 2 m from the wall, for 30 ". There has been number of passes per unit of time.

Table no.4
Experimental group

		X_i	X	Σ	σ^2	C_V%)
Dribling	TI	8,0	8,50	0,25	0,50	5,88
	TF	8,5	8,87	0,14	0,37	4,17
Recovery	TI	8,0	8,20	0,04	0,20	2,44
	TF	9,0	8,75	0,06	0,25	2,86

Tabel no. 5
Grupa martor

		X_i	X	Σ	σ^2	C_V%)
Dribling	TI	8,0	8,66	0,44	0,66	7,62
	TF	8,5	8,75	0,06	0,25	2,86
Recovery	TI	9,0	8,58	0,18	0,42	4,90
	TF	8,5	8,70	0,04	0,20	2,30

Conclusions:
The project selection model developed has proved its effectiveness partially namely for selecting children and their inclusion in groups of beginners, as subjects for the proposed experiment.
By analyzing and interpreting the results after the experiment, they revealed an increase in the appropriation of the main techniques specific to the game of basketball in the experiment group compared to the control group, in which teaching was done mostly by the usual, standard means. It may be observed with solid arguments that the initiation of children in case of the experiment group, with the live basketball game through the game itself has been shown to be more effective and more attractive than by conventional means. Thus, the average results of the experiment group to basketball specific test (dribbling) in the initial testing is higher by 3.7%, while the control group shows an increase of 0.9%.

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