

EFFICIENCY OF BASKETBALL POINT GUARD PLAYER IN GAMES**Florentina POPESCU¹, Maria-Cristiana PORFIREANU², Cristian RISTEA¹**¹*Faculty of Physical Education and Sport Spiru Haret*²*Academy of Economic Studies*flory_bk@yahoo.com

Abstract: Introduction Modern sports games training methodology has some important changes in the conception of content, structure and organization of the players' training. Each sport game has a modeling method applicable, as well as in basketball training. In a basketball team, each player has a specific position on court, but the players are request to play more positions (roles) in a game. So, that means the players have to be able to change fast their role in order to win points.

Material and methods Goal's paper is to analyze the efficiency of the actions of the leading basketball player in 2017 National Championship in Romania. The hypothesis: if the individualized basketball training the coach' aims are increasing the effectiveness of the attack actions, then on the official games, the leader will have high percentages in the playing model.

The research methods used are: scientific documentation, case study, statistical-mathematical method, graphic method. The study was based on the record sheets of 35 official games from Women's Basketball National Championship in a competitive year, 2017.

Results: We analyzed the point guard' efficiency in the basketball team performance. We recorded the game model indicators for the female Romanian basketball team.

Discussions and conclusions

One of the most important role of the players is to be point guard. For this, the player has to be very good in handling the ball, for passing, dribbling, throwing, shooting. The most important action of the point guard player is to initiate offensive play.

Keywords: *efficiency, point guard, basketball.*

Introduction

In the modern methodology of training in the field of sports games, as well as in basketball, there have been important changes in the conception of content, in the structure and organization of the training of the players and the teams as a result of the level reached. As a result of the new methodological orientation, consequence of the results of the scientific research, as well as of the advanced practice of some coaches in the planning of the training, modern methodological principles were established: the objectification and the modernization of the training content.

Each sports game falls within the limits of its model, which means that the modeling method is also applicable in basketball. In the basketball game model, you will study the sum of the individual models of the training and the value of each player in positions: attack and defense. The competitive game will reflect the end point of a training cycle, a prerequisite for approaching the next one. Thus, two models are correlated: the one of the competitive game that determines implicitly, the one of the training in order to approach the next one.

A basketball team has five players. In a basketball team, each player has a specific position on court, but the players are request to play more positions (roles) in a game. So,

that means the players have to be able to change fast their role in order to win points.

The basketball game model has as performance indicators: Basketball Action (FG): 2 points (2P), (3P), Free Throw (FT); Rebounds (REB): offensive (O), defensive (D), total rebound (T); decisive passes (AS); personal mistakes made by the player (CM) and mistakes caused (RV), missed balls (TO) and balls won (ST), and efficiency (EFF).

The effectiveness of attacking is reflected by the number of attacks, the number of rebounds on the board, the number of throws at the basket.

In basketball play whatever the attack system of a team, within it, reported in the field and the tasks of the players have the following positions:

- Point Guard (offensive / defensive).
- Shooting Guard.
- Power Forward.
- Small Forward.
- Center.

According to Raschka et al (2013) „*specialized player positions in offensive and defensive structures can be differentiated: the tallest members of a team play “center”, “power forward” or “small forward” positions, while shorter players or those who possess the best ball handling skills and speed play “point guard” or “shooting guard”* [1].

The defensive player occupies during the attack the field area between the center line and the free throw line. This player for attacking a large area of action takes part directly in the offensive game's direction and orientation.

Defenders share tasks according to their individual peculiarities. One will necessarily play a role as a game leader, a propensity to be noticed from the time of learning how to organize the game in attack. Also, this defender will mainly participate in offensive actions, imposed by efficiency and clairvoyance.

The other defender, although he can contribute to offensive action, has defensive tasks, being the player who ensures the team's defense in the ball loss situation.

The choice of the offensive defender (the leader of the game) or the defensive is made by imposing his preferential personality within the evolution of the team. At the same time, as a consequence of his preparation and evolution in the game, the game-leading defender may also become the team captain.

The Point Guard is the owner of a large bag of knowledge, common to any field player who faces the basket and needs to know the demarcation with or without the help of teammates.

The game leader's attack game has the following requirements:

- To handle the ball very well (grip, pass, throw), preferably ambidextrous.
- To know how to throw at high-speed cart and from various positions in the fight with direct opponents (especially in the completion of the counterattack).
- Possess the dribble with his left hand, with his right hand, protected, with change of direction and rhythm, without looking at the ball.
- Have a good precision in basket throws from half-length and distance.
- To know the complex: throwing, jumping, dribbling, stopping, jumping at the jumping basket near the restraining area.
- To know how to play efficiently in 1-to-1 situations, especially by using the jump and left and right overpasses.
- Possessing passes or finishing with which he will put his teammates in the attack position.
- To know how to use the defensive blocking for tracking and recovering the ball on the panel in situations where it is in the immediate vicinity of the basket.

As in the game of basketball, the five players participate in both phases of the game - attack and

defense - the game contender for the defense phase must:

- Possess a good game of legs to help him in the mark of the offensive athlete, roulette in the cluttered hand or to help the team mate at doubles (double mark, "trap").
- To use the extraction, removing the ball from dribbling from his opponent, from another teammate, intercept, tracing.
- Knowing to block the "throw-away" throws of near-standing opponents under basket-throw conditions.

The personality of the game leader in the field refers to qualities that distinguish him from other players, namely:

- It is the "engine" in the rapid passage of the defense team in attack with assault or dribbling.
- Must know how to complete completeness in situations of attack in numerical superiority (2 against 1, 3 against 2, etc.), he is the one who usually begins the moment of decisive passage (hiring) the best-demoted teammate, the individual action, etc.
- Ensures the device and preparation for the positional attack.
- Drive the attack so that there is always a balance of settlement in the movement of the players by occupying the entire attack space.
- Has the initiative or at the direction of the coach, must direct the attack more on one side of the field or be finalized by a certain player without the opponent observing to take his defense.
- Watching permanent defensive balance.
- Choose the best rhythm in conducting the attack, in relation to: opponents, teammates, time, score, field etc.
- It is the player who initiates effective collaborative actions (combinations) with the other positions: actions of 2-3 players ("give and go", block-out of the block, cross, doubles, and others).
- Know the tactics of the team and in various moments of play, including fixed phases, manage actions by words, hand signals, overtaking in certain areas or different places and ball restraint positions.

Shooting a basketball is the most important technical element of basketball gameplay that conveys the ultimate goal of the game - signing points. Basketball is a motto of skill based on fine muscle coordination, an individual action of high responsibility, ultimately resulting from the efforts of all team players. This is the technical element that enjoys the most attention in the process of learning and training regardless of the level of

training. Shooting a basketball is the element that offers the ultimate satisfaction to both players and those who assist in playing a game.

Shooting a basketball, due to the very high difficulty of the execution and address required, is influenced by a series of internal or external factors. Internal factors also include psychic factors: concentration of attention, confidence in one's own possibilities, relaxation.

As external factors, we list all factors related to: materials, installations, natural physical agents (when outdoor land is used), and environment.

Material and methods

The goal of the paper is to analyze the efficiency of the actions of the leading basketball player in 2017 National Championship in Romania.

Results

The paper is a case study being supervised by the point guard subject as A. M. D. female player.

We started from the hypothesis: if the individualized basketball training the coach' aims are increasing the effectiveness of the attack actions, then on the official games, the leader will have high percentages of success on shooting, according to the play model.

The research methods used are: scientific documentation, case study, statistical-mathematical method, graphic method.

The study was based on the record sheets of 35 official games on National Women's Basketball Championship in a competitive year. We analyzed the team guard efficiency in the team performance benefit.

Table 1. Minutes played in the 35 official games

Point Guard	Total official games	Total played minutes	Full minute games	\bar{X} game	\bar{X} PTS
A.M.D.	35	799	4	22.82	2016 / 5.88

Table 2. – PTS

Point Guard	FG		2P		3P		FT	
	M/A	%	M/A	\bar{X} %	M/A	\bar{X} %	M/A	\bar{X} %
A.M.D.	72/242	26.82	42/131	29.45	30/110	28.91	39/63	35.37

Table 3. REB + PF

Point Guard	REB			PF	
	O	D	T	CM	RV
A.M.D.	14	54	68	47	92

Table 4. Defensive game

Point Guard	AS	TO	ST	EFF
A.M.D.	77	86	24	142 -39

Table 5. PTS – Team

Team	FG	2P	3P	FT
Point Guard	\bar{X} (%)	\bar{X} (%)	\bar{X} (%)	\bar{X} (%)
CSPHG	38	42	32	70
A.M.D.	26,82	29,45	29,1	35,37

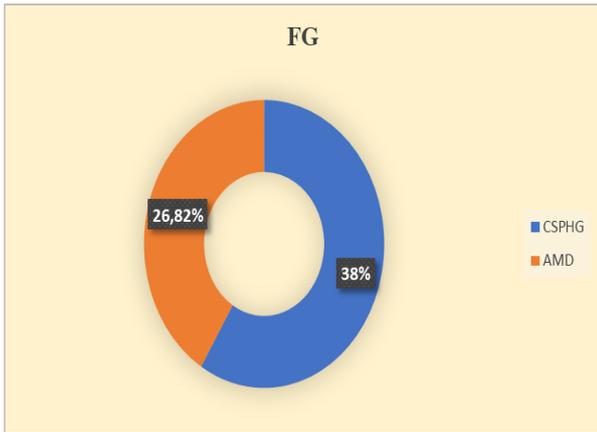


Chart 1. Shooting from action – average

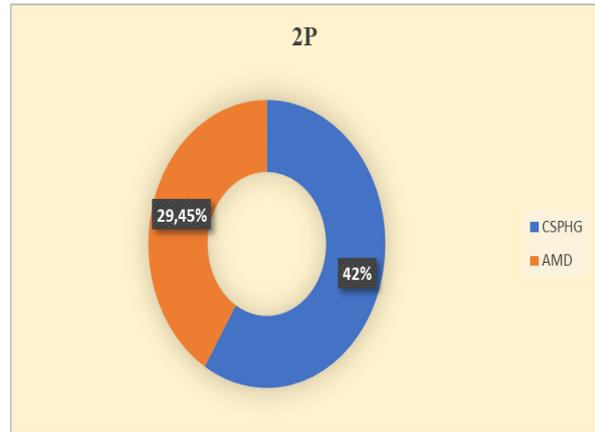


Chart 2. 2P – average

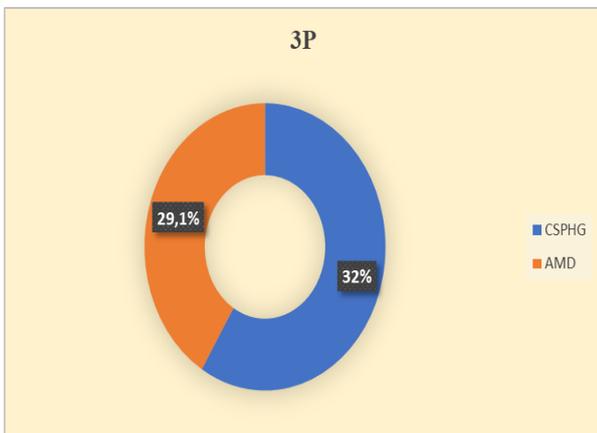


Chart 3. 3 P – average

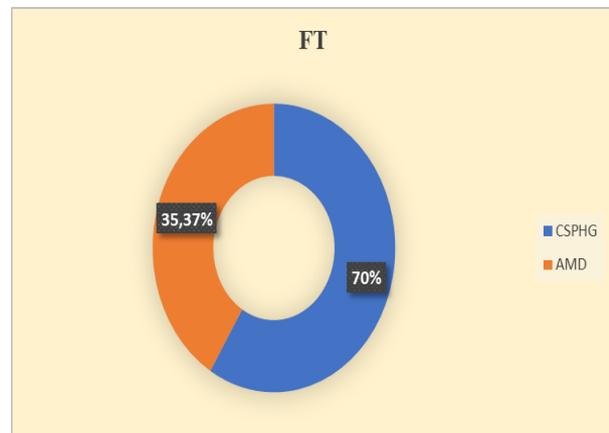


Chart 4. FT – average

Table 6. EFF Point Guard – Team

Team \ Point Guard	AS	TO	ST	EFF
CSPHG	135	168	78	609
A.M.D.	77	86	24	142

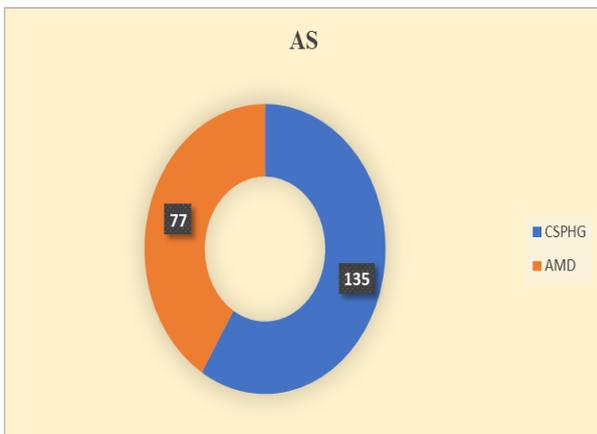


Chart 5. AS

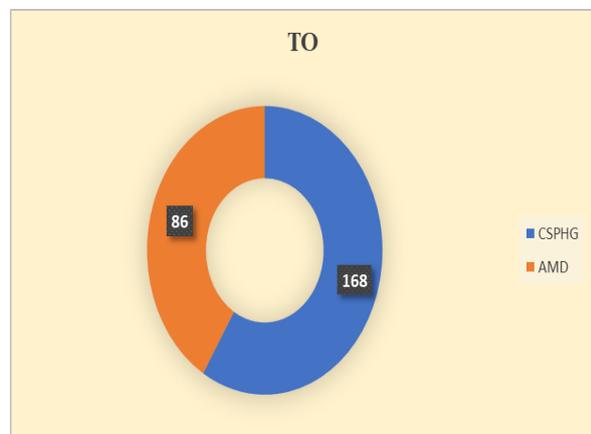


Chart 6. TO

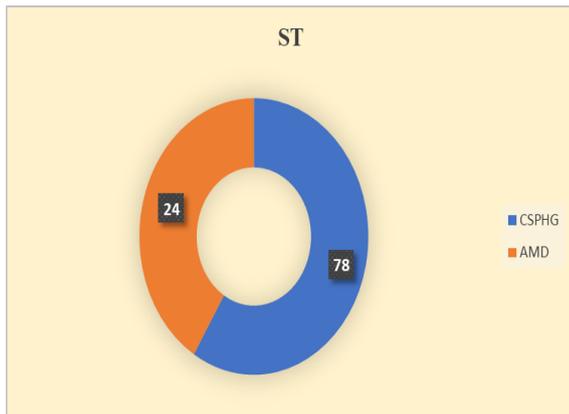


Chart 7. ST

Discussions and conclusions

Along with objectivity, guidelines for rationalization of training under modeling conditions are characteristic, a process with practical implications for the exercises used in the training content. In turn, the exercises are subject to rationalization, staging and standardization processes. These training optimization actions extend to training scheduling and planning.

One of the most important role of the players is to be point guard. For this, the player has to be very good in handling the ball, for passing, dribbling, throwing. The most important action of the point guard player is to initiate offensive play. This player has to use his intelligence and court vision to organize fast his teammates in offensive actions.

In the planning of the basketball game training, some methodological benchmarks will be taken into account, such as: the analysis of the obtained results and the efficiency regarding the content and organization of the training in the previous competitive year, the setting of the performance objectives, the numerical objectives (parameters), the victories on teams of equal value, establishing the training objectives assigned to the team, factors, phases, couples, compartments, players, calculating the number of official games and friendly games, calculating the days affected by the restoration, the passage of the examinations, the exams [2].

Sampaio and al. (2015) says that „coaching staffs may apply individual differences and functional variability, to optimize practice planning and, consequently, the game performances of individuals and teams” [3].

Fox et al. (2017) underline that „coaching staff should make use the modern technology by tracking individual players responses across the annual plan and using real-time monitoring to

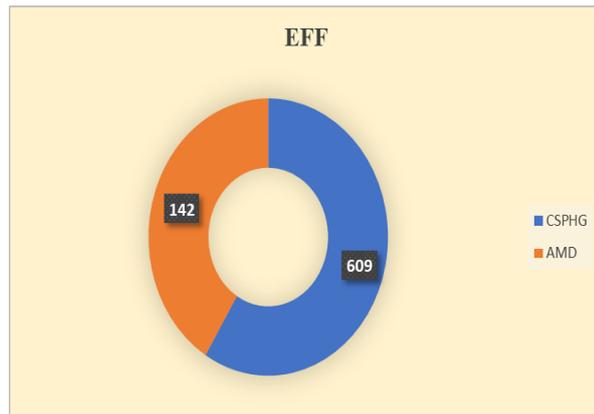


Chart 8. EFF Point Guard / Team

minimize factors such as fatigue and injury risks” [4].

The ability to guide, decide, and optimize sports training ultimately depends on the continuous recording of the data provided by the objectification, its immediate processing and correlated interpretation, periodically analyzed.

As a whole, the game played by senior and senior teams has to highlight the psycho-motor skills of players and players in general, as well as the specific positions in attack and defense. In this way the competitive game will concretize the efficiency of training model and the realization of the percentage values of the game model parameters that ensure the achievement of the performances in the domestic and international activity.

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