

The effectiveness of compound exercises at specific distances in developing the explosive ability and the accuracy of some types of shooting with basketball for players of ages below 18 years old

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Abstract

The research problem centered and based on the researcher's previous experience as a player in the Iraqi Premier League with basketball and his follow-up to the Iraqi Youth League matches and his field presence with players under the age of 18 years, it was found that most of the physical abilities, especially the explosive ability of the two men, suffer from a lack of training during the training units, which reflected negatively at the required level. For this ability, as this ability is very important for a basketball player in terms of the nature of its use in jumping while performing the jump shot. The researcher also noted that some types of correction do not rise to the required level despite its importance in the match through the number of points that the team gets if recorded during the match which made the researcher interested in this problem by preparing exercises in a modern way to know their impact on the physical and skillful side of basketball players by preparing complex exercises with specific distances in the development of explosive ability and accuracy of some types of shooting for basketball players of ages below 18 years. The aim of the research is to: To prepare complex exercises with specific distances in the development of explosive ability and accuracy of some types of shooting for basketball players under 18 years of age and learning about the effect of compound exercises with specific distances in developing the explosive ability of players under 18 years of age with basketball. And to identify the effect of compound exercises with specific distances on developing the accuracy of some types of shooting for basketball players under 18 years old. And the researcher used the experimental method design (equal groups) to the nature of the problem and its suitability. As for the research community, it is identified with basketball players in the National Center for Sports Talent Development in Diyala Governorate, whose ages range from (16-18) years and whose number is (17) players for the 2019-2020 training season. The research sample was selected in a random, irregular method (the lottery) of (12) players for the training season (2019-2020) and (5) players for the exploratory experiment, and the original research sample was divided into two equal groups (control - experimental) and by (6) players per group. The exercises were applied for a period of (8) weeks in the special preparation stage to develop the explosive ability and accuracy of some types of aiming for the players. Among the most important conclusions reached by the researchers is that the compound exercises with specific distances prepared by the researcher helped in developing the explosive ability of the two legs and the accuracy of some types of aiming.

Keywords: compound exercises, explosive ability, accuracy, shooting, basketball, players.

Introduction

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Reaching the higher levels of sports in the game of basketball was not a coincidence, but rather the result of the efforts and attempts of many scientists and specialists in finding different scientific methods and methods to reach the athlete's best achievement. Basketball is a game with many physical requirements, and this is due to the nature of the game that necessitates the player to make movements characterized by high intensity and with limited distances and a different rhythm in a short period of time, so physical work is one of the basic requirements for the occurrence of necessary physical adaptations that differ in degrees from other sports. The game of basketball is characterized as one of the games that rely in particular on the performance of fast, strongly supported movements to overcome the defensive and offensive movements of the opponent and for the duration of the match. The duties assigned to the player during the match require a high physical effort to monitor the opponent's movements, followed by the offensive duties and the intervening speed High in moving from defense to offense and back. As the physical abilities related to the skill developed, this helped to increase the accuracy of the skill performance of any offensive action, as well as the dedication to obtaining the high level by overcoming the movements that need high technical performance, especially some types of correction, hence the importance of research in preparing Compound exercises at specific distances in developing the explosive ability and accuracy of some types of shooting for basketball players under 18 years old.

Research problem: Through the researcher's previous experience as a player in the Iraqi Premier League basketball and his follow-up to the Iraqi youth league matches and the presence of the field researcher with players under the age of 18 years, it was found that most of the physical capabilities, especially the explosive ability of the two men, suffer from a lack of training during the training units, which reflected negatively on the level required for this ability As this ability is very important for the basketball player in terms of the nature of its use in jumping while performing correction by jumping and peaceful correction or making offensive and defensive follow-ups. The researcher also noted that some types of correction do not rise to the required level despite its importance in the match through the number of points obtained by the team if you scored during the match.

In the belief of the researcher in scientific research as a scientific method to find solutions to most problems, it was decided to develop complex exercises at specific distances in the development of explosive ability and accuracy of some types of correction for basketball players under the age of 18 years, which may contribute to adding something scientifically studied that can be used in the training process in basketball.

Research aims: Preparing complex exercises with specific distances in developing explosive ability and accuracy of some types of basketball shooting for players under 18 years old. Identify the effect of compound exercises specific spaces in the development of the explosive capability and the accuracy of some types of correction basketball between the ages below 18 years.

Research hypotheses: There is a positive effect of the exercises specific vehicle spaces in the development of the explosive capability and the accuracy of some types of correction basketball between the ages below 18 years.

Research outline : *The human field :* The players of the National Center for Sports Talent, Diyala Branch, Amaar Don18The basketball year for the 2019-2020 training season. *Temporal domain:* for the period from 14 / 11/ 2019 Up to 25/ 6/2020. *Spatial domain:* The gymnasium of the National Center for Sports Talent in Basketball - Diyala.

Methodology

The researchers used the experimental approach to design (equivalent groups) to suit it and the nature of the problem.

Research community and sample: The research community identified basketball players at the National Center for Sports Giftedness in Diyala Governorate, whose ages range from (16-18) years, and whose number is (17) players for the 2019-

2020 training season, and accordingly the research sample was chosen in a random, irregular method (lottery) and the adult There are (12) players for the training season (2019-2020) and (5) players for the exploratory experience, and the original research sample was divided into two equal groups (control - experimental) with (6) players for each group.

Homogeneity and equivalence of the research sample: In order for the researchers' work to go in the right direction and to emphasize the objectivity of the work, the researcher found homogeneity and parity between the two research groups in terms of the basic variables and the physical and skill variables researched (height, training age, mass and ability to repeat velocity) by using appropriate statistical treatments for this in order to know the truth of the differences between the two research groups and as Shown in the two tables (1) And (2).

Table (1) shows the homogeneity of the research sample

T	Name of the test	Test		The moral significance	Indication level
		Calculated	S ig		
1	Length	0.211	0.656	random	homogeneous
2	Age of training	0.290	0.602	random	homogeneous
3	Bloc	0.348	0.568	random	homogeneous

Table shows (1) The homogeneity of all variables and measurements with the results of statistical treatment, if the value ranges)sig(Greater than)0.05This indicates the randomness of the differences and the homogeneity of the sample .

Table (2) shows the equivalence of the two research groups

T	Variables	Alone Measurement	Control		Experimental		Values T Calculated	Level of morale sig	indication Moral
			s	P	s	P			
1	The explosive power of the two men	cm	37.500	12.755	42.166	11.40 9	0.668-	0.519	random
2	Shooting from jumping inside the bow	Number	4.666	1.032	4.000	0.894	1.195	0.260	random
3	Shooting from jumping out of the bow	Number	9.000	1.673	7,500	0.836	1.964	0.078	random
4	Peaceful correction after performing Al-Tabtba	Number	3 .500	2.073	5.333	1.032	1.938-	0.081	random

Table shows (2)(The two groups of research are equivalent if they have value (sig) For all variables greater than a value (0.05) This confirms the randomness of the differences and the equivalence of the sample.

Means - tools - and devices used in the research: Arab and foreign references and sources. Observation and experimentation, Tests and measurements used, A survey form for the opinions of experts and specialists, Data dump form, (6) legal basketball Molten) Chinese - made, Legal basketball court with goals, Chalk in different colors, Number (2) whistle, Metal tape measure to measure length, count (1), A 50 m rubber tape measure, count (1), Masking tape and stationery, Number (12) sign, Floor seating and chairs, (2) Casio stopwatch, A video camera to record tests and exercises (typesony) (1) Japanese-made, Electronic calculator type Number (1), Medical balance type (AEG) Number (1).

The two men's explosive ability test:

- Vertical jump from stability (for Sargent) (Muhammad, 1994)
- The purpose of the test: to measure the explosive power of the leg muscles.
- Tools needed: smooth wall of suitable height, tape measure.

Recorder: He calls the names first and records the results second.

Arbitrator: reviews performance first and calculates grades second.

Performance description : The player stands facing the wall, extends the arms as high as possible and marks the wall, noting that the heels are not raised from the ground, records the number that was placed in front of him, then the player from the standing position swings the arms down and back with the torso bending forward and down with Bend the knees in half (a right angle), and then the player extends the knees and pushes the feet together to jump up and with the arms swinging forward and up to bring them to the maximum possible height and then place another mark until the highest point it reaches.

Test Instructions: The push with the feet should be done from a steady position. Before jumping up, the player swings the arms forward and down to adjust the timing of the movement in order to reach the maximum possible height. Speed in performance. Measurements are taken to the nearest (1) cm. Each player has two attempts, the best of which are scored. The number scored by each player is announced to the next player to ensure the competition factor

Scoring calculation: The laboratory score is: the number of centimeters between the line to which it reaches from the standing position and the mark reached as a result of jumping upward, rounded to the nearest (1) cm.

Jumping correction test (Essam El-Din, 2015) :

- *The purpose of the test:* to measure the accuracy of the triple aim from specific places.
- *Equipment used:* five legal basketballs - legal basketball court - cones - ball carrier.
- *Performance specifications:* The player shoots from the specified places outside the (6.75) meter arc from the five points.
- *The rules:* – Each player has five shots per point, with a total of 25 attempts. – Move from one point to another counterclockwise.
- *Register:* – For every correct hit, a point is calculated. – The transition from one point to another is done in a counterclockwise direction.
- *Correction locations are determined as follows:* – Outside an arc of (6.75) meters and along the ring at an angle of 180 degrees to the right – Outside an arc (6.75) meters at an angle of 45 degrees from the ring to the right. – Outside an arc (6.75 meters) from the center, facing the ring. – Outside an arc (6.75) meters at an angle of 45 degrees from the ring to the left. – Outside an arc (675) meters along the loop at an angle of 180 degrees to the left.

A crossbow shot test (Hussain, 2020)

- *The purpose of the test:* to measure the skill of correction by jumping from a specific place from the left side of the target and the right side of the target.
- *Performance specifications:* The player shoots the ball from the specified place directly outside the free throw area, from an area located at the intersection of the free throw line with the circle, which is a specific point to the left and right of the basket, and it must be identified with a mark on the ground. The tester can perform the correction with

one hand or both hands together or by any method of correction, noting that the correction is done directly to the basket without the ball touching the goal board, and the laboratory has (20) attempts, and it is performed in two groups (each group has 10 throws) noting that The laboratory leaves the place of correction after each group and moves to the other side and so on, and this is allowed before the performance to make some shots as a test.

- *The conditions:* – The correction must be done from the specified location. The laboratory has the right to (20) throws.
- *Register:* – One score is awarded for every successful attempt that enters the basket. – Scores are not calculated when the ball touches the board or does not enter the basket, and the tester records the total number of scores in twenty attempts, meaning that the maximum score on the test is twenty degrees.

The peaceful correction test after performing the puck (Winner, 1999):

- *The purpose of the test:* to measure the accuracy of a peaceful aim.
- *Necessary equipment:* a basketball court, a legal basketball goal, (4) basketball balls, a whistle to give the start signal.
- *Performance descriptors:* The laboratory performs the ball from the middle of the field towards the basket to perform the peaceful correction and then returns to perform the second shot after his rotation from behind the person placed on the arc of the circle and so the performance continues for ten attempts and for each successful attempt at correction without legal errors one point is counted.
- *Registration:* records the number of corrections achieved by the laboratory after 10 attempts to note that the highest points can be obtained is (10 points).

Exploratory experience: The researchers conducted the exploratory experiment on a number of players outside the main experiment sample, as they were randomly selected from the research community and their number was (5) Players, and that on 25/11/2019 Three o'clock in the afternoon in the closed hall of the National Center for Sports Talent in Diyala Governorate, and the purpose of the exploratory experiment was to arrive at the following: Discover the problems and difficulties facing the researcher and the assistant work team during the implementation of the tests. Players understand the extent of the vocabulary test data the user of. Identify sufficient time to implement the test data. Identify the adequacy of the support staff. Learn about exercise time. Identify the intensity of exercises and the validity of the sample. Extract the scientific basis of the test data.

Pre- tests: The researcher conducted a test data on a sample of members of the research was done in the closed hall of the National Center for the care of talent Riyadh-Diyala at three o'clock pm and on 29 \11\2019 . The researcher worked on the installation of test conditions data themselves to work on their availability as much as possible in the test posttest in terms of time, place and appliances, tools and method of implementation and the team assistant.

The main experiment (applying complex exercises at specific distances): After the researcher reviewed the scientific resources available to him and the assistance of a number of experts and specialists in the field of sports training science and basketball, and in cooperation with the supervising professors, the researcher prepared his compound exercises in the method of high intensity interval training and repetitive training for the purpose of achieving the goal of reaching the development of explosive power and accuracy of some The types of correction for the players of the National Center for Sports Giftedness in Basketball in Diyala, and using three different distances that fall within the limits of the legal measurements for the basketball court, namely (12 m), (14 m) and (18 m) that were determined by the scientific committee to approve the topic, and the application continued Complex exercises (8) weeks for the period from 12/5/2019 to 1/28/2020, in which 24 training units were achieved. Abu Al-Ela Ahmed confirms, "Most of the changes resulting from

training often occur within 6-8 weeks " (Abul - Ela . , 1996) and at the rate of three training modules in the week, and the number of training units total (24) and a training unit with three training modules in the week (Cd- Althelathae- Thursday), devoted (25-35) minutes of each training module to apply Compound Exercises With the preparation of the researcher after taking part of the main section of the training unit, the exercises were applied in the special preparation stage. The intensity of the exercises ranged from 85% to 100% of the maximum aptitude of the athlete in light of the pre-tests that were applied to the sample, and the researcher took into account the principle of diversity in exercises and the gradation in the difficulty of the exercises.

Dimensional tests: The researcher conducted the post test on the members of the research sample and it was conducted under the same conditions and conditions in which the pre-test was conducted and on the date 30/1/2020

Statistical means: The researcher used the statistical bag (SPSS) To process the data obtained by the researcher from the pre and posttests by the following statistical means: Arithmetic mean, standard deviation, Simple correlation coefficient (Pearson), Test (t) For independent and non-independent samples.

Results

This chapter includes a detailed presentation of all the results of the tests used in the tribal and dimensional research of the individuals of the research sample. These results have been analyzed in the light of the statistical laws used in the research and the relevance of these data in the light of the scientific references proven for this use in order for us to achieve the objectives and prove the research hypotheses in light of the procedures. The applied field carried out by the researcher to reach these results, and then they were discussed in light of its frame of reference.

1. **Presentation and analysis of the results of the pre and dimensional search variables tests for the control group:**

Table (3) Shows the arithmetic mean, standard deviations, and value (The calculated t and statistical significance of the pre and posttests of the research variables of the control group

T	Statistical means Variables	measuring unit	The pretest		Post test		Value Calculated	Significance level of the test sig	Indication type
			s	P	s	P			
1	The explosive power of the two men	cm	37.500	12.755	51.500	4.415	2.936-	0.032	moral
2	Shooting from inside the bow	Number	4.666	1.032	7.333	1.211	6.325-	0.001	moral
3	Shooting from outside the bow	Number	9.000	1.673	12.166	1.329	3.348-	0.020	moral
	Peaceful aiming	Number	3.500	2.073	5.500	1.643	7.746-	0.001	moral

2. **Presentation of the results of tests of pre and dimensional search variables for the experimental group and their analysis:**

Table (4) shows the arithmetic mean, standard deviations, and value (The computed t and statistical significance of the pre and posttests of the research variables for the experimental group

T	Statistical means Variables	measuring unit	Pre-test		Post test		Value Calculated	Significance level of the test	Indication type
			s	±P	s	±P			
1	The explosive power of the two men	cm	42.166	11.409	59,666	1.966	3.483-	0.018	moral
2	Shooting from inside the bow	Number	4.000	0.894	11.666	1.032	13.745-	0.000	moral
3	Shooting from outside the bow	Number	7,500	0.836	15,000	2.097	7.833-	0.001	moral
	Peaceful aiming	Number	5.333	1.032	7.666	0.816	3.500-	0.017	moral

3. Presenting, analyzing and discussing the results of the dimensional tests of the research variables for the control and experimental groups:

Table (5) shows the mean values, standard deviations, and (tThe computed and its statistical significance for the post-tests of research variables and for the control and experimental groups

T	Statistic al means Variabl es	Unit of measure	Post-test for the control group		Posttest of the experimental group		Value Calcula ted	Significan ce level of the testsig	Indicati on type
			s	P	s	P			
1	The explosiv e power of the two men	cm	51.500	4.415	59,666	1.966	4.138-	0.002	moral
2	Shootin g from inside the bow	Number	7.333	1.211	11.666	1.032	6.669-	0.000	moral
3	Shootin g from outside the bow	Number	12.166	1.329	15,000	2.097	2.795-	0.019	moral
	Peacefu l aiming	Number	5.500	1.643	7.666	0.816	2.892-	0.016	moral

▪ **Discussing the results of the two men's explosive ability tests**

Through the previous presentation and the researcher's observation of the arithmetic meanings and the value (t) Calculated in the table)5(For tests of the explosive power of the two men in the (post - dimensional) test of the control and experimental groups, we find that there are significant differences of statistical significance at a significant level)0.05) And for the benefit of the experimental group. The researcher attributes the reason for this development in the explosive ability

of the two men to the use of compound exercises with specific distances prepared by the researcher, which were prepared accurately and with correct scientific foundations in order to serve the goal of movement or skill and accurately affect the working muscles, and the results showed the superiority of the experimental group over the control group. In the explosive power of the two men, the researcher attributes that moral difference to the good coordination and connection in one training unit through the good distribution and division of exercises to develop explosive ability, and because this ability is a compound between strength and speed, if the force developed and the performance was done quickly, it reflected on the development of this Ability and this is what was confirmed by (Ali Hussein 1989) (Ali, 1989) "that it is a positive harmony between strength and speed, or it is the ability of muscle effort to overcome resistance through the speed of muscle contraction." The exercises prepared by the researcher led to an increase in the degree of compatibility during Performance between contracted and stretched muscles and complete harmony between working and joint muscles, and this alignment led to a decrease in performance time and increase in speed, which led to an increase in stomach The lack of explosive power and the good interconnection between the functioning of the nervous and muscular systems and the decrease in the duration of contraction, and this was indicated by (Mufti,1998) that "the shorter the duration of muscle contraction, the greater the muscle strength and the higher the rate of contraction . " This development in the strength of the leg muscles came as a result of explosive force development exercises, which have proven their positive effect through the results obtained by the researcher. The higher the strength of the leg muscles, the more the basketball player can control the movements he performs. The researcher believes that the transfer of the player on the field quickly in the case of defense and attack or during the quick run with the ball, which ends with the process of jumping for the purpose of correction or for the purpose of following the ball rebound from the basket in the attack and withdrawing the rebound balls in the defense are all factors related to the development of the explosive ability of the two men and this is in agreement with (Muhammad Tawfiq Al-Waili), stating that "the results of playing in basketball depend on a permanent change of play and a quick attack, and the player must have high muscular capacity in order to hijack the ball and rise to the highest point, especially while performing a jump shot (Muhammad, 2000) .

▪ **Discussing the results of the correction skill tests**

Through the previous presentation and the researcher's observation of the arithmetic meanings and the value (t) Calculated in the table)5(For the tests of shooting by jumping from inside the arc, shooting by jumping from outside the arc, peaceful correction (post-lateral) for the control and experimental groups, we find that there are significant differences of statistical significance at a significant level)0.05) And for the benefit of the experimental group. The researcher believes that this development and improvement is due to the nature of the exercises compound with specific distances prepared by the researcher that led to the development of some physical abilities (the ability to repeat speed, explosive ability), which in turn affected the offensive skill performance and improving the results during the application of the posttest by increasing the ability The player is in control of the ball and controlling it and the ease of transferring it from receiving to shooting by jumping, and this is consistent with (Mona, 1989) as she indicated that "the development of skills must be accompanied by the development of physical fitness elements, as well as the development of motor skills as being Two parts for one process, "and this was evident through the effectiveness of complex exercises according to specific distances carried out by the researcher, which was suitable for basketball in terms of running at a maximum speed or less than the maximum and shooting by jumping. And that the gradual training intensity according to the scientific basis and according to the needs of the players in the game of basketball led to an increase in the player's ability to maintain the speed of his performance for the longest possible period, and this is what was pointed out by (Hanafi, 1998) "that proper planning and

selection The appropriate intensity and observance of the principle of gradualness in it up to a state of fatigue is the most effective for the development of the athletic level "and this was evident in the offensive skill tests (shooting by jumping two points and shooting by jumping for three points, and by peaceful correction), as he observed the clear development in the performance of the players by maintaining Their skill level while performing. The researcher believes that the skill of correction in basketball is one of the factors affecting the outcome of the match. If all the kinematic basics in basketball have the same ability, then the correction will be on top of those basics as it is considered the result and the final outcome of the kinetic basics, so we see that the correction has become The overriding concern of many coaches and players as they pay great attention to daily exercises or additional duties of the players before the start of the exercise or after it ends in order to develop and improve the accuracy of correction throughout the season, and the use of appropriate, similar and close conditions for the atmosphere and conditions of the match when developing exercises is an essential element for the development of this skill Such as aiming with defensive harassment, correction from stability, correction from movement, without the use of dialogue, and the use of various exercises, whether with or without the colleague, is an important element to develop this skill, in addition to that, the compound exercises with specific distances prepared by the researcher, which were similar to distances And the places that the player uses during the match to perform his moves and perform the correction thereof have worked to develop him with the types mentioned previously, As every exercise in it ended with correction, either from close or from afar, or peaceful correction, and this is what was emphasized, "Utmost care must be taken to train players on the principles of sound correction principles with an increase in the intensity of his training movements of all kinds from various aspects or performance after a complex movement exercise (Mukhtar, 1991) , and this is what the researcher sought in preparing compound exercises at specific distances.

Conclusions

- The compound exercises at specific distances, prepared by the researcher, resulted in the development of explosive power and the accuracy of some types of aiming.
- The use of distances close to or similar to the actual performance of the event had an effect on the players' development for the better through the performance of compound exercises.
- Determining distances during training has a positive effect on developing some of the physical and skillful abilities of basketball players.
- The necessity of adopting the compound exercises with specific distances prepared by the researcher in developing the explosive power and the accuracy of some types of aiming.
- The necessity of using the correct scientific method in training and developing training curricula in line with the level of basketball players and their level of development.
- The trainers should have a regulation of the training loads in the training curriculum of intensity, size and intensity.
- Perform similar research using other methods at the same or other distances, and with new tests and other samples.

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Appendices

Weeks	the days	Exercise number	Intensity		Training volume		Rest in between		Total performance time	Rest time between total repeats	Rest time between total totals	Exercise time	Daily exercise time
			%	Repetition time	T	Mg	Duplicates	Groups					
the first	Sunday	1	85	40	3	2	80	160.00	4.00	320	320.00	644.00	30.32
		2	90	30	3	2	90	180.00	3.00	360	360.00	723.00	
		5t	85	30	3	2	60	120.00	3.00	240	240.00	483.00	
	Tuesday	1	85	40	3	2	80	160.00	4.00	320	320.00	644.00	30.82
		2	90	30	3	2	90	180.00	3.00	360	360.00	723.00	
		16	85	30	3	2	60	120.00	3.00	240	240.00	483.00	
	urs	14	85	40	4	2	80	160.00	5.33	480	320.00	805.33	35.53
		3	90	30	3	2	90	180.00	3.00	360	360.00	723.00	
		17	85	30	4	2	60	120.00	4.00	360	240.00	604.00	

The player stands on the end line of the stadium on the right side and punches the ball between the cones at a distance of 6 m and then passes the ball to the player standing on the free throw arc, then the player runs towards the side of the basket at maximum speed and receives handling from his colleague to perform the correction by jumping from outside the arc from Right hand side

1. The player stands on the three-point line from the right side and performs a jump by lifting the legs up to the chest area and then proceeds at full speed to the side opposite to receive handling from the colleague standing on the free throw line and performing the shot by jumping from inside the arc.
2. Players stand in two groups on the final line of the stadium and upon hearing the whistle, the first player from each group throws a medical ball weighing (3 kg) to the top with both hands (5 times) and then jumps on the ladder and then quickly returns to the bottom of the basket and receives a ball from the coach standing on The free throw line and perform the shot by jumping from inside the arc.
3. Players stand in three groups behind the middle of the field where the player passes the ball to the right, then the player makes two screens for the player on the left side to go forward and receive handling from the player on the right side, then he patters and performs a peaceful correction from the right, while the player after the knife By making a turn and starting to the side of the basket, receiving handling from the coach, and shooting from outside the arc from the right.

4. The player stands behind the middle of the field, holding the ball in his hands, and jumping on the ladder with legs, then the pucker works and peaceful correction on the basket.
5. The players stand in two groups and at a distance of (18 m) from the basket, where the first player from the first group performs the tabbing between the signs and at the same time the first player from the second group jogs between the halves, then the group 1 player passes the ball to the group 2 player From the middle of the field for (2) to perform the punching between the haves and then the peaceful correction from the left, while the player of group (1) continues running between the haves and receives handling from the coach standing under the basket to perform the correction from inside the arc.
6. Players stand in two groups behind the free throw line where player (1) passes the ball to player (2) and then runs towards the basket so that player (2) performs the ball with the ball and then passes it to player (1) to make a peaceful correction, and then the coach passes the ball to (2) To lead the correction by jumping from outside the arc.
7. Two players stand facing the goal board from the left and right and start jumping high to touch the goal board with the hands, then they quickly start towards the middle of the field and then return to receive handling from their teammates and perform the correction by jumping from outside the arc.
8. Player No. (1) stands behind the free throw line and faces the basket, while two other players stand on both sides of the court and at a distance of (18 m) from the other basket, where player (1) throws the ball onto the goal board and jumps up strongly to pull the ball and then make a turn and chuck With the ball and then pass it to the player on one of the sides who makes the ball and makes handling for the player on the other cutting side towards the basket to perform the peaceful correction.
9. Three groups standing behind the free throw line, the first player starts from each group and they pass and receive a triple, then the peaceful correction from one side, then the player with the last handling receives handling from the coach standing under the basket to perform the correction from inside the arc while the player who has the peaceful correction pulls the ball and passes it To the other colleague to perform a shot by jumping from outside the arc.