DEVELOP STANDARDS TO EVALUATE THE EFFECTIVENESS OF SINGLE-HANDED HIGH JUMP SHOOT AT AVERAGE DISTANCE OF THE MALE BASKETBALL TEAM OF HANOI WATER RESOURCES UNIVERSITY

Vu Van Trung[1]**; Hoang Van Doan**[1]

Abstract:

Using the scientific research methods commonly used in physical education and sports scientific research, 04 tests were selected to evaluate the actual situation of single-handed high jump shoot technique performance at average distance of male basketball team, Hanoi Water Resources University. On that basis, we developed standards of the effectiveness of single-handed high jump shoot at average distance for the research subjects.

Keywords: Standards, effectiveness, single-handed high jump shoot, men's basketball team, Hanoi Water Resouces University.

INTRODUCTION

In basketball competitions, the jump shoot technique is the most basic method of attack because it guarantees the speed, power and accuracy when performed. In fact, in many tournaments, the world's tournaments of strongest teams of the male team, 70% of the points scored in each match are made using jump shoot technique from different distances. Single-handed jump shoot at average distance is a technique that uses the ability to jump highly to avoid the opposition of the opponent while creating a great angle to shoot, shortening the path of the ball to the basket and shoot the ball accurately. This technique requires resilience, stamina and high precision. However, through actual observation of the training and competition process of the basketball team of the Water Resources University, it shows that there are not many athletes using single-handed jump shoot technique at average distance and the effectiveness is not high. In order to have appropriate solutions to improve the effectiveness of high jump shoot technique for athletes, accurately assessing the actual situation of single-handed high jump shoot technique at average range of the male basketball team of Hanoi Water Resources University, building evaluation standards is urgent and of high practical significance.

RESEARCH METHODS

The research process uses the following research methods: Method of analysis and synthesis of reference materials, Pedagogical observation method, Pedagogical examination method, Interview method, pedagogical experiment method and Statistical mathematics method.

The survey was conducted on 23 male basketball athletes from Hanoi Water Resources University.

RESULTS AND DISCUSSION

Through referencing to documents, pedagogical observation, large-scale interviews with questionnaires and determination of reliability, informativeness, we selected 04 qualified tests to evaluate single-handed high jump shoot technique at average range of the male basketball team of Hanoi Water Resources University. The result of testing the variable coefficient of false results, the result obtained is guaranteed to be less than 10%. Therefore, we use the 2δ rule and the C-scale to build standards of classification and scoreboard to evaluate the effectiveness of single-handed high jump shoot technique at average distance for the research subjects. The results are presented in Table 1 and Table 2.

(1) Master, Water Resouces University, Hanoi

Table 1. Standards for evaluating the effectiveness of single-handed high jump shoot technique at average distance for the male basketball team of Hanoi Water Resources University

| No	Test	Poor	Weak	Average	Fair	Good
1	Jump continuously in1 minute (times)	<43.23	43.23-47.76	47.75-56.79	56.80-61.31	>61.31
2	Move and do 2 points jump shoot at 5 different positions (points/min)	<11.09	11.09-12.58	12.57-15.53	15.54-17.01	>17.01
3	Standing single-handed shoot 20 balls (number of balls thrown into the basket)	<11.61	11.61-12.88	12.87-15.39	15.40-16.65	>16.65
4	Standing single-handed high jump shoot 20 balls (number of balls thrown into the basket)	<9.55	9.55-11.18	11.17-14.41	14.42-16.03	>16.03

Table 2. Scoreboard for evaluating the effectiveness of single-handed high jump shoot technique at average distance for the male basketball team of Hanoi Water Resources University

No	Test	10	9	8	7	6	5	4	3	2	1
1	Jump continuously in1 minute (times)	43.23	45.49	47.75	50.01	52.27	54.53	56.79	59.05	61.31	63.57
2	Move and do 2 points jump shoot at 5 different positions (points/min)	11.09	11.83	12.57	13.31	14.05	14.79	15.53	16.27	17.01	17.75
3	Standing single-handed shoot 20 balls (number of balls thrown into the basket)	11.61	12.24	12.87	13.5	14.13	14.76	15.39	16.02	16.65	17.28
4	Standing single-handed high jump shoot 20 balls (number of balls thrown into the basket)	9.55	10.36	11.17	11.98	12.79	13.6	14.41	15.22	16.03	16.84

From the results obtained in table 1 and table 2, by calculating the total score for each individual, we developed evaluation standards table to classify and assess the effectivness of single-handed high jump shoot technique at average distance for the male basketball team of Hanoi Water Resources University in 5 levels: good, fair, average, weak and poor.

There are 4 tests to evaluate the effectiveness of single-handed high jump shoot technique at average distance for the athletes in total. On a 10-point scale (C scale), the group of assessment tests has a maximum total of 40 points. In order to set up general standards, based on the above convention, the topic defines the upper and lower boundaries of the general evaluation and classification levels. The results are shown in Table 3.
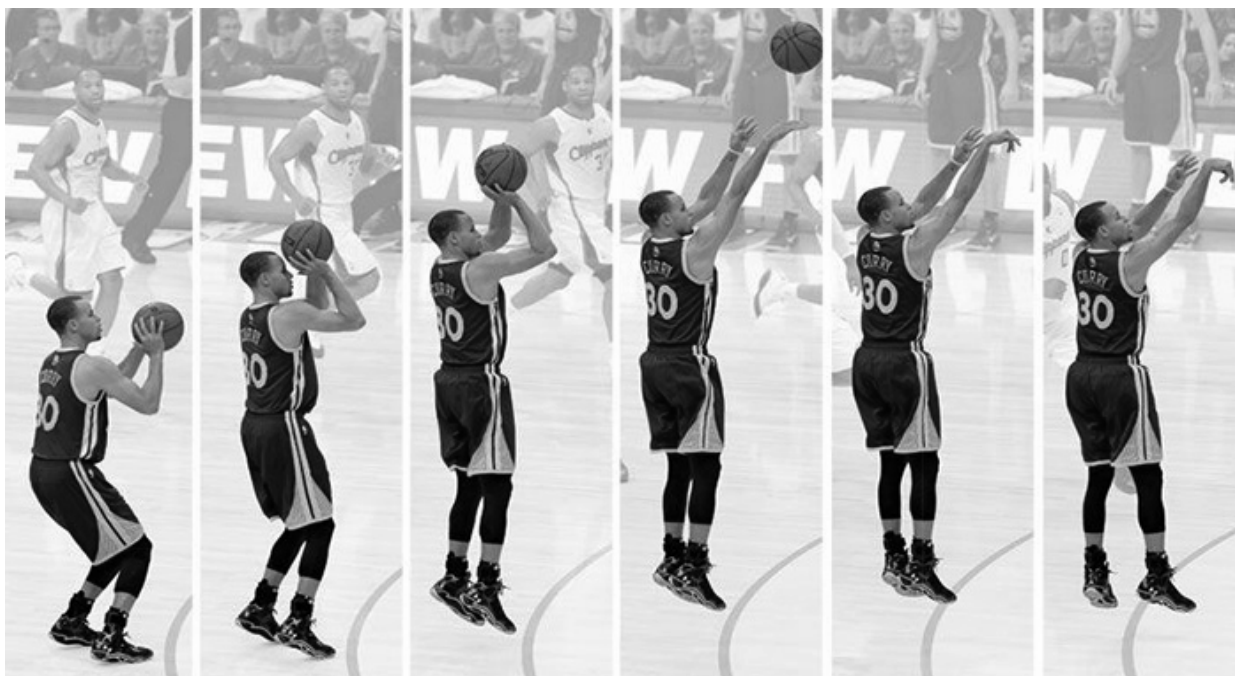
Basketball jumping, one of many techniques used in basketball competitions (photo source: https://hocbongro.com.vn/)

Table 3. Standards for summarizing scores to classify and evaluate the effectiveness of single-handed high jump shoot technique at average distance for the male basketball team of Hanoi Water Resources University

Classification	Total score (maximum total score is 40)
Good	32.9 → 40.0
Fair	25.7 →<32.8
Average	18.5 →<25.6
Weak	11.3 →<18.4
Poor	4.0→<11.2

To get the total score of one type, it is not necessary to achieve the score of each standard, test as the standard of that type - it is possible to take the high score of one test to compensate for the low score of another test, so that the total scores achieved are within the defined range of the overall classification table (Table 3), provided that there are no more than 3 weak and poor contents.

CONCLUSION

- Selected 04 qualified tests in evaluating the effectiveness of single-handed high jump shoot technique at average distance for the male basketball team of Hanoi Water Resources University

- Developed 01 classification standards table, 01 scoreboard and 01 overall score board to evaluate the effectiveness of single-handed high jump shoot technique at average distance for the male basketball team of Hanoi Water Resources University.

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