

# **DIFFERENCES BETWEEN BASKETBALL PLAYERS OF MITROVICA AND PRISTINA REGIONS IN SOME MORPHOLOGICAL PARAMETERS AND SOME MOTOR SITUATIONAL TESTS**

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## **Abstract**

**Purpose:** of this research is differences between basketball players of Mitrovica and Pristina region in some morphological parameters and some situational motor tests form age of 14 – 15 years old (cadet). **Methods:** The overall number of entities that are tested in this project is 84 which are divided into 7 teams with 12 players. Instruments for anthropometric measurements variables are reckon in 11 variables. Whereas, motor space and situational motors are reckon in 8 motor tests of base character and 4 typical situational motors of basketball game. Processing obtained results have been made through statistical methods, with the help of SPSS version 19.0 which made possible quantified definition and qualitative of applied variables. **Results:** With the help of T-test of anthropometric variables, we were able to conclude that valid statistical differences of the level of reliability is 0.01 (between two regions which have same object of research) is weight, arm circumference, thigh circumference, and calf circumference. Also with the help of T –test, in motor space and situational on the level of reliability is 0.01, there were differences into two testes of agility, and the dribble of the ball between cones, whereas the level of reliability is 0.05 only with one abdominal muscle variable. **Conclusion:** In base of this research can be concluded that the players of the age of 14 – 15 years old, we might say they have an experience in the game of basketball, although there are individual distinguish differences between players. Some of the players have better base of basketball than the others, and some of them are more prepared physically.

**Key words:** Age of 14- 15 years old, anthropometric measurements, situational motor skills.

## **INTRODUCTION**

Basketball is a game which attracts millions of spectators all over the World, it not attracts only the ordinary spectators, but it also attracts sport scientific and experts with their attractive and dynamic activity. Basketball is a game with multiply points and it is very often not known winner until the end of a game.

In basketball is required the players abilities and speeds, explosive force, agility, balance, motor coordination, good movements with and without ball (Er ulj & Bra i , 2007), precise shooting, better performance in tactical and technical aspect and above all, the intelligent.

The aforesaid shows that we have to be careful and pay attention how to be learned the basketball game, concentration in methodological approach, to be taught the highest level and specific motor movements. It is one of the most complex sorts (J. Viswanathan & Dr. K. Chandrasekaran 2011), doubtless this is seen to the motor skills to the children's of new ages.

The better age of starting systematic training in basketball game is from 10-11 year (Martin, 1982). Nevertheless, the most sensitive cycle for developing motor skills begins to children by age of five (5), but certainly able of motor learning. ( Grosseri sur, 1986 ).

In this research, characteristic of trained basketball players of this age is they belonging adolescence ages. Main target is to determine any existing differences between basketball regions. We think that will achieved quite valid results and important in some morphological parameters and situational motor skills of young basketball players.

## RESEARCH METHODS

### Sample entities

This paper consists active players (males) of age 14 – 15 years old who plays in cadets' league, some of them are incorporated from pioneers' league which will play in cadets' league beside Basketball Federation of Kosovo.

Total number of entities that are tested in this paper is 84, which are divided in 7 teams with 12 players. Tested teams of Mitrovica Region are: Basketball Club B.C “ Mitrovica “, Basketball Club B.C “ Trepça” from Mitroviva, and Basketball Club B.C “ Vushtriabasket “ from Vushtrri. While the Pristina Region are those teams: Basketball Club B.C “ Collage Universi “, Basketball Club B.C “ Fatosat “, Basketball Club B.C “ Albabasket “, and Basketball Club B.C “ Probasket “ all those clubs from Pristina.

### Variable samples

The instruments for measuring anthropometric variables they have treated 11 variables. Whereas, motor space with situational motor are treated 8 tests motor into basic character, and 4 of typical situational motor of basketball game.

**Anthropometric variables:** ABADWE – Body Weights, ABADHE – Body height, ALENGL – Length of leg, AARMLE –Arms length, AFOOLE – Foot length, FOOTW - Foot width, APALML - Palm length, APWOFI - Palm width with open fingers, AARMCI – Arm circumference, ATHICI– Thighs circumference, ACALCI – Calf circumference.

**Basic motor and situational variables:** MJUHIP – Jump high above the place, MJUPSH – Jump from the place with the step height, MJULEP- Jump length from the place, MSRU20- Speed running 20m ( higher start ), MPROAR- Profound warp (flexibility), MMEDCH- Throwing the medicinboll from the chest, AABDMU- Abdominal muscles, MTTEST-T- Agile test, MBDBCZ- Ball dribble between cones ( zig – zag ) MBDSHO– Ball dribble and shooting in 30 sec, MSHO2P- Shooting for 2 points, MFRESH- Free shooting.

## RESULTS AND THEIR INTERPRETATION

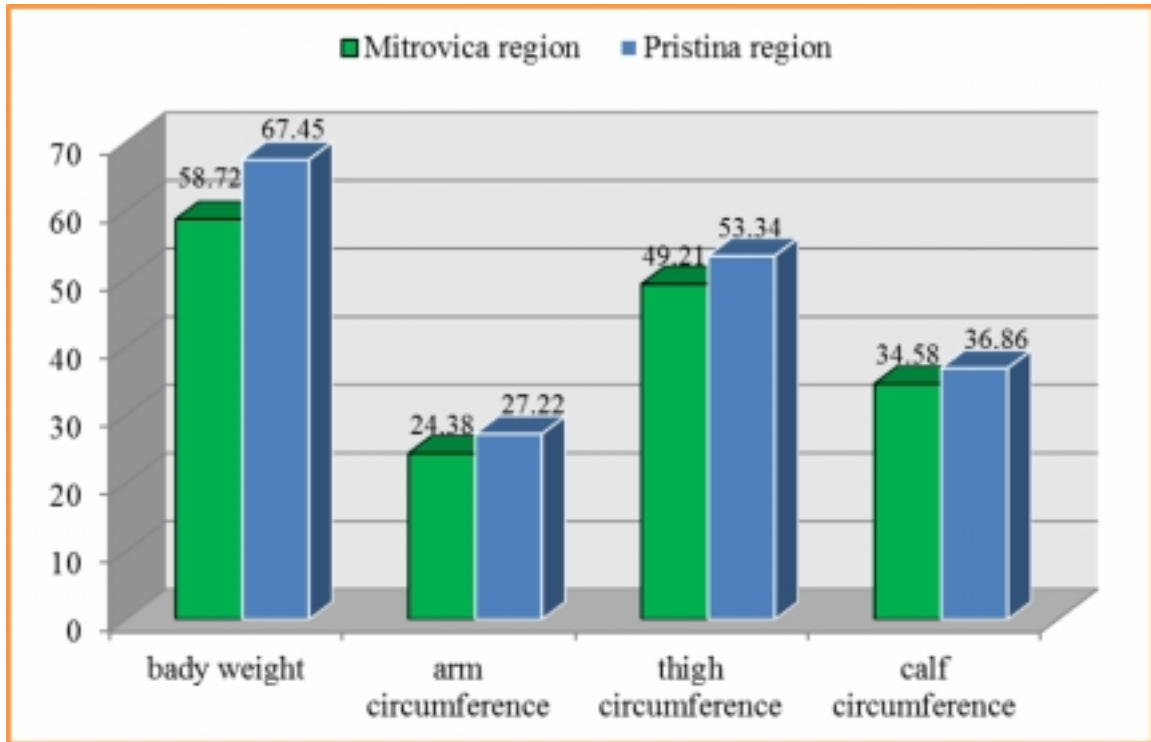
**Table 1.** Variable interpretation of T-test in anthropometric space between two regions from Mitrovica and Pristina.

Anthropometric variables	Groups	N	Mean	DS	t	df	sig. (2 tailed)
ABADWE	Mitrovica Region	36	58.7222	11.39075	-3.281	82	.002
	Pristina Region	48	67.4583	12.56466	-3.327	79.021	.001
ABADHE	Mitrovica Region	36	172.5944	9.67539	-0.491	82	.625
	Pristina Region	48	173.5417	7.99587	-0.478	66.956	.634
ALENGL	Mitrovica Region	36	100.7639	6.22493	-0.930	82	.355
	Pristina Region	48	101.875	4.72488	-0.895	63.019	.374
AFOOLE	Mitrovica Region	36	26.4139	1.63255	-0.730	82	.468
	Pristina Region	48	26.6438	1.25612	-0.703	63.638	.485
FOOTW	Mitrovica Region	36	9.7333	0.63606	-1.914	82	.059
	Pristina Region	48	10.0312	0.75376	-1.961	80.803	.053
AARMCI	Mitrovica Region	36	24.3806	2.86055	-3.349	82	.001
	Pristina Region	48	27.2229	4.44552	-3.556	80.339	.001
ATHICI	Mitrovica Region	36	49.2111	4.86573	-3.539	82	.001
	Pristina Region	48	53.3458	5.60019	-3.611	80.167	.001
ACALCI	Mitrovica Region	36	34.5833	3.05338	-3.244	82	.002
	Pristina Region	48	36.8604	3.27666	-3.278	78.153	.002
APALML	Mitrovica Region	36	18.3806	1.23954	0.318	82	.751
	Pristina Region	48	18.2958	1.18590	0.316	73.688	.753
APWOFI	Mitrovica Region	36	21.5917	1.75928	0.965	82	.337
	Pristina Region	48	21.2521	1.46127	0.940	67.194	.350
AARMLE	Mitrovica Region	36	175.9722	10.89754	-1.705	82	.092
	Pristina Region	48	179.9063	10.13508	-1.687	72.438	.096

The simple way of group entities distinguish variables is when we compare their arithmetic averages. By analyzing the obtained values with T-test method on table no.1. there are significant differences between two regions.

Testing of the change significance between arithmetic averages of two entities regions with a variable it is done by T-test help. With this method we prove that whenever is the biggest difference between two arithmetic averages of their standard error. A T-test with value  $t=1.96$  we can see there are existing significant differences of variables: weight, arm circumference, thigh circumference and femur circumference.

**Graphic 1.** To arithmetic averages of basketball players and differences between two regions by measures and volume variables of the body extremity.



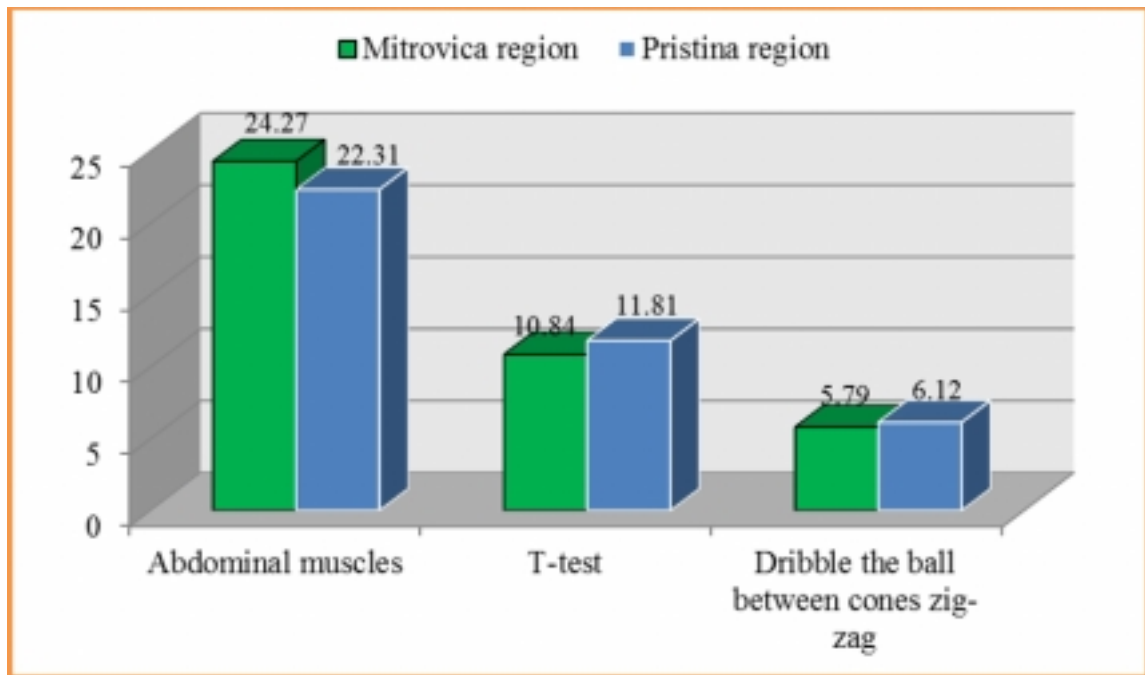
**Table 2.** Interpretation of T-test values in motor situational space variables of two regions from Mitrovica and Pristina.

<i>Motor situational variables</i>	<i>Groups</i>	<i>N</i>	<i>Mean</i>	<i>DS</i>	<i>t</i>	<i>df</i>	<i>sig. (2 tailed)</i>
<b>MJUHIP</b>	<b>Mitrovica Region</b>	36	42.1944	6.44014	1.803	82	.075
	<b>Pristina Region</b>	48	39.6875	6.20623	1.793	74.001	.077
<b>MJUPSH</b>	<b>Mitrovica Region</b>	36	44.5556	6.78841	1.998	82	.049
	<b>Pristina Region</b>	48	41.7083	6.21240	1.972	71.709	.052
<b>MJULEP</b>	<b>Mitrovica Region</b>	36	192.7500	20.85237	0.596	82	.553
	<b>Pristina Region</b>	48	189.3333	29.22789	0.625	81.830	.534
<b>MSRU20</b>	<b>Mitrovica Region</b>	36	3.6033	0.43955	-0.518	82	.606
	<b>Pristina Region</b>	48	3.6485	0.36040	-0.503	66.587	.617
<b>MMEDCH</b>	<b>Mitrovica Region</b>	36	505.3889	84.25888	-1.060	82	.292
	<b>Pristina Region</b>	48	527.5208	101.80060	-1.0890	81.153	.279
<b>MPROAR</b>	<b>Mitrovica Region</b>	36	2.2778	6.05032	1.090	82	.279
	<b>Pristina Region</b>	48	0.7083	6.86948	1.110	79.827	.270
<b>MABDMU</b>	<b>Mitrovica Region</b>	36	24.2778	3.77670	2.325	82	<b>.023</b>
	<b>Pristina Region</b>	48	22.3125	3.87659	2.334	76.566	<b>.022</b>
<b>MTTEST</b>	<b>Mitrovica Region</b>	36	10.8497	0.88031	-3.443	82	<b>.001</b>
	<b>Pristina Region</b>	48	11.8102	1.4885400	-3.692	78.215	<b>000</b>
<b>MBDBCZ</b>	<b>Mitrovica Region</b>	36	5.7953	0.474	-2.775	82	<b>.007</b>
	<b>Pristina Region</b>	48	6.1231	0.57758	-2.855	81.288	<b>.005</b>
<b>MBDSHO</b>	<b>Mitrovica Region</b>	36	5.4167	1.18019	0.159	82	.874
	<b>Pristina Region</b>	48	5.3750	1.19618	0.159	76.078	.874
<b>MSHO2P</b>	<b>Mitrovica Region</b>	36	2.5833	1.42177	0.764	82	.447
	<b>Pristina Region</b>	48	2.3542	1.31262	0.755	72.108	.452
<b>MFRESH</b>	<b>Mitrovica Region</b>	36	2.5556	1.40294	0.474	82	.636
	<b>Pristina Region</b>	48	2.4167	1.26883	0.468	71.169	.641

Significance testing of differences between arithmetic averages variables of entities in two regions, done by T-test help. Even in motor and situational space by analyzing the obtained values by method of T-test, on table 2. we may see important differences between two regions.

In motor and situational space at level of reliability 0.1 there are value differences in only two variables ( agile test ) and ( Dribble of the ball between cones ). Whereas the level 0.5 is the importance of variable (Abdominal muscles).

**Graphic 2.** Arithmetic averages and differences of basketball players between two regions of repetitive force variables (replay) and agility.



## CONCLUSION

In this modest paper are treated entities samples of 84 basketball players which are divided in 7 teams with 12 players of two Regions, from Mitrovica and Prishtina. The variable samples were 11 from anthropometry, 8 of basic motor and situational, and 4 of situational motor. Total number of variables was 23.

It should be noted T-test help of anthropometric variables, we came to conclusion that the level of changes in statistical values on level reliability 0.01 (between two regions which were the target of research), there is weight, arm circumference, thigh circumference, and femur circumference. As well with T-test help in motor and situational space the level of reliability is 0.01, there were differences in two variables of agility, and dribble of ball

among cones, while the level of reliability 0.05 it is just with one variable of abdominal muscles.

According to this research we may conclude: the basketball players of 14-15 years already have an experience in basketball game, while there are some individual differences between players. Some of the players have better foundation in basketball and some of them are better prepared in physical aspect.

Trainers who work with these ages should be much significance:

- Trainings should be standardized and globally for all players. Otherwise in the age of 18, trainings should be more analytical and individualized.
- Trainers should have in their mind that physical preparation is an important aspect during players training. Of course, sustainability, power and speed are main physic factors for good work; also we have to consider flexibility and coordination.
- Individual players' needs should be assessed with the help of experts on this field, and the trainers have to devote a training program of physic aspect growth.
- Also individual technical needs of players (their strong points and weak points) should be assessed, trainer in this way could know the players advantages and disadvantages.
- Trainer may appreciate technique of shooting of that player; player should be engaged during the analytical trainings for improving his individual deficiencies.



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