

Exercises to make perfect the tactical actions to the offensive with direct screen in the junior basketball player
Ejercicios para perfeccionar las acciones tácticas a la ofensiva con pantalla directa en los baloncestistas juveniles

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ABSTRACT

Exercises to make perfect the tactical actions to the offensive with direct screen in competitive conditions in Guantánamo's masculine juvenile basketball player become elaborate in the thesis. The detected insufficiencies direct screen once his study in 21 games was held good for, correspondent items to the juvenile national championship happen as from the analysis of 1483. The methods and fact-finding utilized techniques matched: Of the theoretic level, analysis synthesis, induction deduction; They utilized the observation, opinion polls, interviews and the observation of the empiric level; Of the mathematical statisticians: Variable qualitative ordinal statistical techniques and the proof of the signs or proof Wilcoxon.

Keywords

Tactical actions to the offensive; Direct screen in basketball; Juvenile basketball player.

RESUMEN

En la tesis se elaboran Ejercicios para perfeccionar las acciones tácticas a la ofensiva con pantalla directa en condiciones de competencia en los baloncestistas masculinos juveniles de Guantánamo. Las insuficiencias detectadas surgen a partir del análisis de 1483 pantalla directa válido para su estudio en 21 partidos, correspondientes al campeonato juvenil nacional. Los métodos y técnicas de investigación utilizados fueron: del nivel teórico, el análisis-síntesis, inducción-deducción; del nivel empírico se utilizaron la observación, encuestas, entrevistas y la observación; de los estadísticos-matemáticos: técnicas estadísticas variable cualitativa ordinal y la prueba de los signos o prueba Wilcoxon.

Palabras clave

Acciones tácticas a la ofensiva; Pantalla directa en el baloncesto; Baloncestistas juveniles.

INTRODUCTION

Modern Basketball has been established as a sport with a broad competitive vision, where changing and unexpected game situations have proliferated to the point that the offense interacts with offensive concepts and vice versa Beltrán (2016). Therefore, the need to take into account the different components of the athlete's preparation, in the physical, technical, tactical, psychological and theoretical order according to the advances of the same. Dealing with the aspects of tactical preparation in this sport constitutes an element of great value at present, aspects that allow achieving high sports results, and the appropriate training of the players.

The expression tactical management in sport has been addressed by different authors, such as: Tamarit (2013) who directs his studies based on recognizing the mediatization of the learning direction by the game model, Echavarría (2019) refers to the direction of learning collective tactics in soccer 14-15 years, and Copello (2015) to the preparation in tactical sports, among others. These investigations show the importance of the treatment of tactical preparation in the 21st century and the need to continue implementing actions for its improvement during sports preparation. On the other hand, in the field of Basketball sport there are few works found.

Starting in the 80s, in the last century, the tactical expression assumes total importance in the field of sports, it makes the regularities carried out by the players and by the teams in the framework of collective actions develop as a new research trend Solas (2005) as well as the importance given to this area of sports training by coaches in collective sports games Ibañez (2008).

In this sense, Ibáñez (2008) and Gabriel (2016) express from the realization of studies that contemplate what is related to tactical knowledge in training categories, better training plans have been designed, better effective control of it has been achieved, equally In this way, the importance for coaches of its application in the context of real competition situations is shown.

If it is analyzed that the player in his motor action uses technical means: dribble, pass, shot, snatch, defensive slide, among others, he uses them through specific motor intelligence or tactical intelligence: this makes the player consider questions such as this: "I shoot directly or I fake a shot and then I progress to the basket, or if I see that the defender does not jump to the fake I can shoot directly", or in the case of a pass to find free space for the trajectory of the ball "it can feint or he could also pivot or dribble away from the defender and the player has to make all those decisions applying the individual principles of individual character.

A screen in basketball is an offensive play in which a player without the ball screens an opponent by placing his body between the defender and his teammate Beltrán (2016). In this way, a space is created

for teammates to make decisions or make passes, attack the hoop or take a jump shot, and it is the concept that is assumed in the research, taking into account that it is one of the most common actions. in its use within the offensive systems of the teams, and in contrast one of the least studied and analyzed. It is significant to highlight the importance of the research topic since it is intended to improve tactical offensive actions with direct screen in youth basketball players through exercises aimed at improving real game situations in basketball players, likewise, it offers coaches a way effective methodology for the treatment of contents not reflected in the Comprehensive Program for the Preparation of the Basketball Athlete (2016).

In Guantánamo, the youth men's basketball in the period of 2015-2018 obtained insufficient competitive results in the youth Olympics as a consequence of the deficiencies in the training process in the offensive tactical preparation, which, through surveys, it was verified that they persist despite the improvement in the results of the last years.

The tactical actions with direct screen to the offensive in the youth basketball players of Guantánamo, constitutes a topical issue in the national and provincial framework, which has repercussions in the context of real game situations, as a need to solve in the technological demands of the game. basketball. An analysis of 1483 direct screens valid for their study was carried out. The data was obtained thanks to the observation of 21 matches, corresponding to the 2018 national youth championship.

In this regard, the following problematic situation is presented: insufficiencies in the execution of tactical actions with direct offensive screen in the youth basketball players of Guantánamo.

In this sense, some regularities are evident that do not allow the tactical actions with direct screen to be carried out effectively during the National Youth Competitions, based on the preconceived diagnosis through the observation method, the statistical results of the players in said competitive activity and in the interview with the coaches, it was possible to detect these shortcomings:

- Insufficiency in the speed of reaction before the tactical action with direct screen to the offensive
- Difficulty of the players in creating space where they must perform the direct screen
- Inadequate decision making by the player when he should continue to the basket, how he should roll or continue out

Based on the aforementioned, the scientific problem is determined: how to improve tactical actions in youth basketball players with a direct screen? For the solution of the detected problem, the objective is to develop exercises to improve tactical actions in youth basketball players with direct screen.

After having defined the essential elements described to assume the investigation and resolve what is in question, the following hypothesis is proposed: if exercises are designed with a new conception in their planning, tactical actions with direct screen are perfected, then it contributes to the improvement of real game situations in youth basketball players

Research Methods:

From the theoretical level

Analysis and synthesis: it was used in the study of the problem, its particularities and trends, which allowed revealing its regularities and understanding its current state.

Documentary study: it was used to study and determine essential elements that are addressed in governing documents, regulations and others that have to do with specific aspects of the problem.

From the empirical level:

Observation: it was used in order to collect information about the current state of the tactical preparation of youth basketball players in front of a direct screen.

Expert criteria: it was used predictively, to assess the feasibility of the exercises to improve the tactical actions of youth basketball players in front of a direct screen.

Survey: applied to the youth basketball players of Guantanamo, as a research population, with the purpose of collecting criteria and opinions about the knowledge and current state of the tactical actions to be developed in front of a direct screen.

Interview: it was carried out with teachers and coaches who are involved in the preparation of youth basketball players in Guantánamo and other specialists who have knowledge of tactical preparation in this sport.

From the statistical mathematical level:

Statistical techniques used: ordinal qualitative variable, to make comparisons before or after, the test used, the sign test or the Wilcoxon test.

The variable is qualitative and is of the ordinary type, it is measured in three categories Good, Regular and Bad using the following indicators. Well when the player executes the following steps: set up the screen, body position and use the screen, he must place his body in front of a defender to create a mark-free space for his teammate. This way he can make a pass or attack the basket without defensive obstruction. Regular: does not make a decision when he should continue to the basket, or does not roll or continue out. Wrong: if the defense manages to prevent the unmarking of the player who is going to screen the player with the ball individually, through defensive aids.

RESULTS

During the course of the investigation, 10 exercises are designed for each stage of the basketball player's preparation, content of objectives, organization, methods, means, procedures, form of organization and methodological indications.

Methodological foundations of tactical exercises with direct screen.

In the elaboration of the exercises, a turn has been given to the traditional conceptions of the teaching of Basketball towards a learning where the athlete becomes an active subject of his own process, by participating consciously from the first moments, even in the execution. Some of the simplest exercises are based on motor tasks, using all of your available mental equipment, which is capable of mobilizing the trainer as the driver of the process. It is no coincidence that the objectives are conceived in terms of integrating skills that express the main purpose of the player: to play Basketball, showing a level of sporting mastery and that characterize the game style of the category.

The exercises that are proposed are based on the tasks to be developed to achieve the objectives of technical-tactical and physical training, in order to carry out a work more directed to the specialty of each basketball player according to their training within the process. After training, the game is used more systematically and adapted to the work sessions and the characteristics of the contemporary Basketball game. It is pointed out in basketball players that the neglect of a good posture, as well as a good displacement, can bring unnecessary errors, clumsiness in movements, which in many cases become fundamental causes of the loss of a basket.

Improvement of offensive tactical actions with direct screen in youth basketball players

It starts from the objective of the youth category as a general level: to manifest a level of sports mastery achieved through the execution of motor skills, demonstrating the essential physical strength at competitive levels according to the category. Until deriving the objective of the elaborated exercises: to perfect the tactical actions to the offensive with direct screen in the youth basketball players in the Guantánamo municipality.

Example of exercises

Exercise # 3. Change of shape and screen exercise

Objective: improve the speed of reaction to tactical action with a direct screen on offense

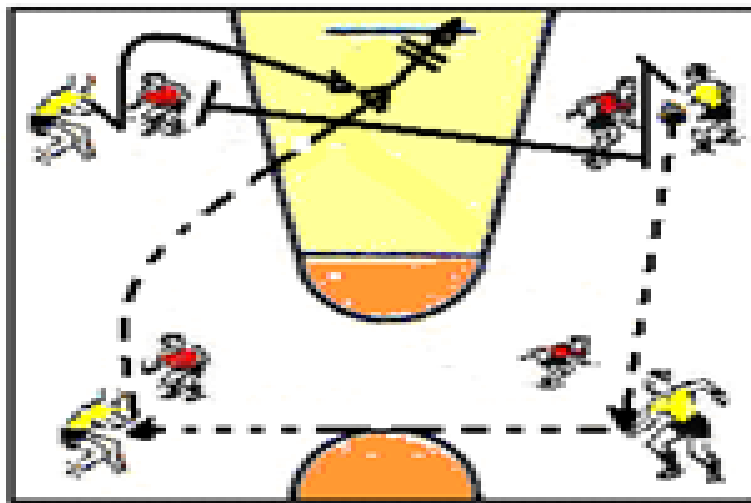
Organization: the basketball players organized in two rows in the middle of the field, will execute pass and screen action and execution of shot

Methods: direct visual, all global, variable, game and competition

Means: balls, hoop, whistle, stopwatch, paint

Procedures: frontal in groups

Forms of organization: rows



Exercise # 4. Pass, screen and shot

Objective: improve the speed of reaction to tactical action with a direct screen on offense

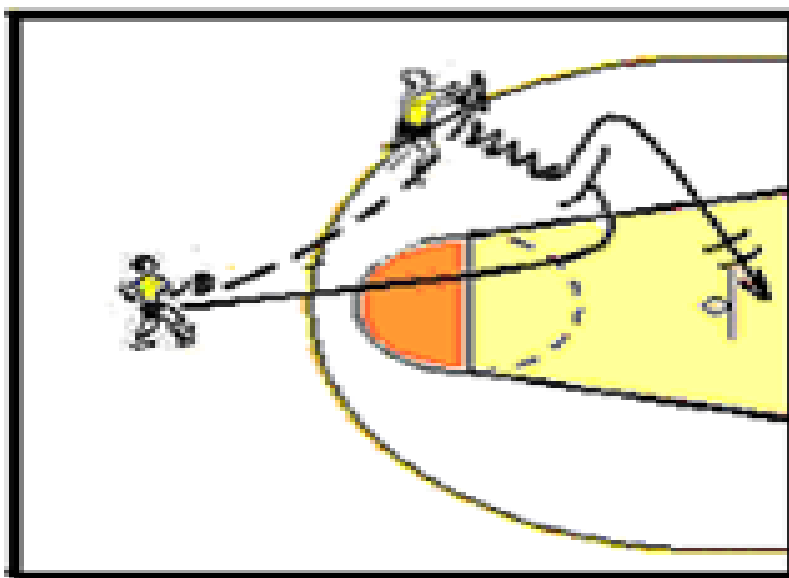
Organization: the basketball players organized in two lines in the middle of the field, player # 1 will execute, he passes to player # 2, player # 1 screens and player # 2 dribbles and shoots to the hoop

Methods: direct visual, all global, variable, game and competition

Means: balls, hoop, whistle, stopwatch, paint

Procedures: frontal in groups

Forms of organization: rows



DISCUSSION

Analysis of the final test.

When applying the interview to coaches. To collect information about the feasibility or relevance of the proposed exercises. Of the three dimensions evaluated according to the criteria of the indicated indicators, they behaved as follows: In dimension one. Practical implications of the exercises to perfect offensive tactical actions with direct screen in male youth basketball players. 100% evaluate it with 5 points in favor of the training process of the youth basketball players under study. They consider that the proposed exercises are feasible because they take into account the essential aspects for execution at different times and stages of preparation.

In dimension two. Methodological utility of the exercises. It was evaluated of 5 points, 100% consider that the proposed exercises have the appropriate methodology for their application and correspond to the demands of contemporary Basketball, taking into account that they contribute to solving a problem in the category, to the increase of the motivation of the athletes, showing the importance of this element for a better effectiveness and thus achieving points or victory; They also offer specific methodological indications on how to develop work with offensive tactical actions with direct screen in male youth basketball players.

In dimension three. Convenience of the set of exercises It is stated by the two coaches that the exercises have functionality according to the principle of specialization.

CONCLUSIONS

In the investigation, 10 exercises are elaborated, the tactical actions to the offensive with direct screen in the male youth basketball players containing objectives, organization, methods, means, procedures, form of organization and methodological indications.

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