

Indicators for the control and evaluation of defensive tactical actions in basketball Indicadores para el control y evaluación de las acciones técnico-tácticas defensivas en el baloncesto

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ABSTRACT

The research process carried out with the first category women's basketball team in the Guantánamo province was projected towards the elaboration of a system of indicators for the improvement of the process of control and evaluation of defensive technical-tactical actions in real game situations. During the investigation, a set of theoretical and empirical methods were applied. The specialists surveyed consider that the indicators are pertinent and cover the current needs of coaches to evaluate the technical-tactical performance of athletes in competitions, corroborating with the results achieved.

Keywords

Control; Technical-tactical evaluation;
Defensive.

RESUMEN

El proceso de investigación realizado con el equipo primera categoría femenino de Baloncesto en la provincia Guantánamo se proyectó hacia la elaboración de un sistema de indicadores para el perfeccionamiento del proceso de control y evaluación de las acciones técnico-tácticas defensivas en situaciones reales del juego. Durante la investigación se aplicaron un conjunto de métodos teóricos y empíricos. Los especialistas encuestados consideran que los indicadores son pertinentes y cubre las necesidades actuales de los entrenadores para evaluar el desempeño técnico-táctico de los atletas en las competencias, corroborándose con los resultados alcanzados.

Palabras clave

Control; Evaluación técnico-táctica;
Defensiva.

INTRODUCTION

The evaluation and control in training and competitions are elements that allow knowing with certainty the level of training as a complex of organically interrelated components of technique, tactics, volitional and physical preparation, knowledge and experiences, whose effective function is expressed in the sporting form or maximum state of performance of the athletes. As is known, defensive tactical actions in basketball is a component within the preparation of the athlete, in this context it is necessary to recognize that training as an organized pedagogical process needs evaluation and control for objective knowledge of the processes of adaptation, from initiation or sports selection to high performance.

The transmission of theoretical-practical knowledge of defensive tactics in the sport of Basketball, as well as its evaluation in real game situations, has lacked significance in the category under investigation, which has affected the formation and development of one's own skills. of the sport at the moment of defending the opponent due to lack of data that illustrate the behavior of these actions.

In the review of the Comprehensive Athlete Preparation Programs published since 1988 to 2022, the objectives, contents or actions to be completed in defensive tactical preparation appear, but at the time of evaluating said actions they only go up to (2 vs 2) and (3 vs 3), therefore, teachers lack a procedure to evaluate the defensive technical-tactical actions of the players in real game situations.

The affirmations exposed up to here, are reflected in the diagnosis made from the application of methods such as documentary analysis, observation, interviews and surveys to the study group on the evaluation of defensive technical-tactics that characterize the current situation of evolution. of defensive tactics, which in its historical development has presented a problematic situation verified in its application with a predisposition to empiricism.

The cause is given by the lack of orientations or concrete indications that allow them to carry out the control and evaluation of defensive tactical actions that allow them to make a qualitative and quantitative assessment of the player's performance in the game.

Thus, the observations made in the different national championships gave the possibility of raising the following scientific problem: How to contribute to the improvement of the control and evaluation of defensive technical-tactical actions in the sport of Basketball?, which propitiates declaring the following objective of the investigation: to develop a system of indicators for the control and evaluation of defensive technical-tactical actions in the sport of Basketball and contribute to the qualitative and quantitative assessment of the sporting result.

Hence, the hypothesis to defend is: If a system of indicators is proposed to record the defensive technical-tactical actions carried out by the player against the opponent, with his evaluation scale, then

the form of evaluation and performance control will be perfected. defensive technical-tactical of first category basketball players in Guantanamo province.

METHODS

The research was carried out in the first category women's basketball team in the Guantánamo province, where the 15 players that make it up participated, as well as ten coaches and the sports methodologist. Among the main methods applied are the historical-logical, analysis-synthesis, inductive-deductive, structural-functional systemic, observation, document analysis; in addition to the interview, the survey and the percentage calculation.

RESULTS

In the work, a system of indicators is proposed to improve the control and evaluation of defensive technical-tactical actions in real game situations in the first category women's basketball team in the province of Guantanamo, therefore, its understanding starts from the analysis of the system definition. For Addine, F. (2004), system is the totality of configurations of elements that are reciprocally integrated throughout time and space, for a common process, a goal, a result. The system as a whole has higher possibilities than each of its parts separately. This definition is assumed because contextualizing it to the sporting activity that is made up of different elements, when they are combined in the action of the game, they condition competitive success.

Continuing with this line of thought, the different criteria and definitions on "system of indicators" have been analyzed, and it is agreed that a system of indicators are statistics, statistical series or any form of indication that facilitates studying where are we? and where are we headed? with respect to certain objectives and goals, as well as evaluate specific programs and determine their impact. In summary, they are parameters used to measure the level of compliance of an activity or an event.

Due to the above, several authors have addressed this subject; In these cases, there are Sampaio, J. (2002) and Sampedro, J. (2010) who propose from one to four indicators. In Cuba, Castro, Y; and Elías, A. (2011), who propose two and Pérez, C. (2010) who declares four indicators in all cases, these indicators coincide indistinctly between all of them, however, they are mandatory references to take into account and that They are assumed for the investigation because they are essential functions that characterize the basketball player to form the new proposal of the system of indicators for the control and evaluation of defensive technical and tactical actions in a more comprehensive way.

Thus, each tactical movement is a joint action in which a team, after scoring or losing possession of the ball, must prevent the opposing team from bringing the ball back to its field, therefore, it has to withdraw quickly to prevent the attack. against team attack.

Taking all of the above into consideration, the system of indicators proposed for the control and evaluation of defensive tactical actions in basketball are:

- Not taking the player towards the band.
- Do not disturb the shot.
- Not helping a teammate in defense.
- Do not prevent receiving in the painted area.
- Do not prevent free cutting through the painted area.
- Not putting pressure on the player with the ball and the one who stopped dribbling.
- Not blocking access to the defensive rebound.
- Not returning to defensive balance.

Therefore, as basketball is a game where errors are systematically latent and the probabilities of winning would be for the team that makes fewer errors, it was determined to control and evaluate only the negative actions in the defensive tactical technical performance that generate a basket for the opposing team.

Thus, it was proposed to evaluate the results the scale of relationships to assess the qualitative and quantitative behavior, remaining as follows:

Evaluative scale by indicators

Calification	A	B	C	D	E	F	G	H
MB	until 5	1	until 5	until 4	until 2	1	until 4	until 2
B	6	2	6	5	3	2	5	3
R	7-9	3-4	7-9	6-7	4-5	3-4	6-7	4-5
M	10	5	10	8	6	5	8	6
MM	11 and more	6 and more	11 and more	9 and more	7 and more	6 and more	9 and more	7 and more

Legend:

A, B, C, D, E, F, G, H (corresponds to the previous denomination)

MB...Very Good

B.....Good

R.....Regular

M.....Bad

MM...too bad

Individual and collective evaluation scale

Individual evaluation table		Collective evaluation table	
NTA	NTA	NTA	EVALUATION
3	3	24 or less	MB
4	4	25--29	B
5	5	30--34	R
6	6	35--39	M
7 or more	7 or more	40 or more	MM

Legend:

NTA: negative technical-tactical actions

Definition of the defensive indicators proposed to control and evaluate the technical-tactical performance of the athletes.

- Lead the player towards the band.

For the correct adoption of this defensive position, the legs must be separated approximately at the width of the shoulders and the feet supported in their front part. The weight of the body must be equally distributed between both legs, which must be flexed, in order to lower the center of gravity of the body and achieve the most stable position. The trunk should lean slightly forward and the eyes should always be directed towards the opposite. The arm on the side corresponding to the most advanced leg will be extended up and forward, hands open and turned in front, the other arm extended down and to the side, with the hand turned forward. Based on our defensive philosophy, on the right side of the field, the right foot forward and vice versa, the one closest to the imaginary line of the center of the field, always forward to prevent the opponent's attack from the middle of the field and force the player to head towards the side of the field with active arm work.

- Annoy the shooter.

It is the defensive action that every player must carry out once the offensive player that he defends tries to shoot at the hoop, it consists of jumping to the shot to try to cover it and prevent its trajectory, the jump is done with the hand that corresponds to that of the shooter, that is, if he attempts a shot with his right hand, he must jump towards the ball with his right hand and if the shot is made with his left hand, then the jump would be with his left hand.

- Assist a teammate in defense.

It is the action that must be carried out by a player who is on the defense who, without losing the responsibility of the player who defended, prevents with his opportune action the advance or attack to the ring through the center of the field of an adversary who surpassed the defense of a teammate, based on the given situation and with full communication, can apply the help and recovery or change of player.

- Preventing the opponent from receiving inside the painted zone.

It is the action that the defensive player must carry out when he is defending an offensive player without the ball and is on the opposite side of the ball or the help side above the free throw line. The defender must be located below the line. imaginary passing line, between the opponent who scores and the ring (forming a defensive triangle). This placement allows him to control the player who scores, intercept a possible pass directed towards him and help the other teammates.

- Prevent free cutting through the painted área.

It is the action that a defensive player must carry out to prevent the offensive player from cutting freely towards the hoop, the defense must interpose his body in the path of the opponent, avoiding illegal contact, the defensive position here is closed using constant work of the arms depending on the location of the ball.

- Pressuring the player with the ball and when stopping the dribbler

It is the action of defending an opponent with the ball closely, leaving them little freedom of movement or progress towards the hoop. This is done from the low defensive position, with the work of the legs and arms trying to take the player to the unusual place by him, based on the team's philosophy, and when the offensive player stops the dribble, the defender with intense arm work must prevent him from making the pass.

- Defensive blocking and rebounding.

It is the action that a defensive player must carry out once the opposing team shoots at the hoop. This is done once the defenseman who is in front of the player who is shooting, the defenseman jumps to try to cover his opponent's jump shot, immediately spins in the air landing on his back in a blocking position to then head to the rebound.

- Return to defensive balance.

It is the quick action that all the players of the offensive team must carry out once the basket is completed or the ball has been lost in the attack attempt, it must be carried out in order to avoid the opponent's quick attack or an attack with superiority due to the non-arrival of the defense players on time.

Individual performance by athletes in the seven games carried out

No	Names	A	B	C	D	E	F	G	H	T/Errors	P x J	Eva
1	L. Cantillo	1	2	1	1	0	1	2	0	8	1,1	MB
2	R. Cajigal	0	1	3	0	0	1	3	0	8	1,1	MB
3	O. Rojas	3	2	3	3	2	2	4	7	26	3,7	B
4	Y. Lacera	4	4	2	4	1	4	5	1	25	3,5	B
5	Y. Montero	2	2	3	2	1	2	3	2	17	2,4	MB
6	B. Guillarte	3	4	5	1	3	4	3	5	28	4	B
7	S. Leonard	0	0	0	0	2	2	2	1	7	1	MB
8	C. Jiménez	3	3	0	1	2	2	3	2	16	2,2	MB
9	B. Martínez	1	1	3	1	3	4	0	7	20	2,8	MB
10	Y. Guibert	1	4	3	3	2	2	4	1	21	3	MB
11	M. I. Montero	4	1	1	3	3	0	2	4	18	2,5	MB
12	Y. Baró	1	1	2	1	0	2	2	3	12	1,7	MB

Legend:

A, B, C, D, E, F, G, H (corresponds to the previous name)

MB... Very Good

B.....Good

P x J.... Average per game

General collective performance in the seven games carried out

Teams	A	B	C	D	E	F	G	H	T/ errors	Final. Eval
Guantánamo	23	25	26	20	19	26	33	33	205	
(X)									29	B
DS (rep)									1.4	Acceptable
CV (%)									0.7	Small

DISCUSSION

In order to assess the feasibility of the proposed system of indicators, a survey was applied to ten coaches: six of them correspond to the school category, one from the women's national team and three from the women's senior team that participated in the Superior League of the year 2023 and the methodologist of the province; these with an average of 20 years of work experience and excellent results at the national and international level.

The respondents consider that the indicators are relevant and cover the current needs of coaches to evaluate the technical-tactical performance of athletes in competitions, corroborating with the results where 83% fully agree and 17% agree.

The implementation of the indicators for the control and evaluation of the defensive technical-tactical performance of the athletes, was carried out in the semifinal and final stages of the Cuban Superior Basketball League 2023 where the following results were achieved.

The three indicators that registered the greatest difficulties in the game were: not helping a teammate in defense, not blocking and defensive rebounding and finally not returning to the defensive balance, resulting in penetrations from the opponent through the center of the field, allowing him the second and in up to four times shot at the hoop, finally the numerical superiority of the opponent. These technical-tactical errors caused the lost games to end with closed scores.

Assessing individual performance, 75% of the athletes were evaluated as very good and 25% as good, meaning that they showed a good level of concentration and mastery of the technical-tactical elements that fostered assertive communication and fewer errors. Analyzing the collective performance, the average reached shows that the incidence in the results was low because this is demonstrated by the results of the standard deviation and the coefficient of variation.

CONCLUSIONS

Taking into account the proposed objectives, and the results derived from the investigative process, it can be concluded that the application of the system of indicators proposed for the control and evaluation of the technical-tactical action in basketball contributed to its improvement, guaranteeing its evaluation and immediacy from of its automation, thus increasing the professional performance of the coaches, since they have a procedure to develop a correct evaluation of the defensive actions of their athletes

during the games. With the application of this procedure, the athletes showed greater concern and interest in knowing their evaluation in defensive work, which led them to obtain the Silver medal in the finished Cuban Basketball Superior League.

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