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Effect of Basketball Specific Training on Skill Performance Variables among Inter-Collegiate Male Basketball Players of Rani Channamma University Belagavi, Karnataka

*¹Dr. Manjunatha NV

¹Director of Physical Education, K.L.E. Society's, Shri Shivayogi Murughendra Swamiji, Arts, Science and Commerce College, Athani, Belagavi, Karnataka, India.

Abstract

The aim of the study was to find out the effect of basketball specific training on selected skill performance variables among Inter-Collegiate Men Basketball players of Rani Chennamma University Belagavi, Karnataka, India. The subject age ranged between 18–25 years as for the university records. The total 30 subjects were selected divided into two equal groups, in which Group: I Basketball Specific Training Group (BSTG) (N=15) and Group: II Control Group (CG) (N=15). The subjects underwent 12 weeks training five days per week before the training period. The subjects were tested for the field goal ability, throw accuracy ability and dribbling ability to assess by the administering Johnson Basketball Ability test consists of the Field Goal Speed Test, Basketball Throw accuracy and Dribbling ability test performance. The collection of the data was analyzed used “t” test for the identify any significant difference among the selected subjects. The level of significance was fixed at 0.05; significance was set (P>0.05) level of confidence. The findings of the present study strongly indicated that the performance of the students significantly increased due to the effect of the training on the selected variables.

Keywords: Field Goal Speed Test, Basketball Throw Accuracy, and Dribbling Ability Test Performance.

1. Introduction

Sports training is deal with based upon the competitive area. A each Nation have to trying to high level performance and to win laurels in international level of competitions. Sports coaching are the basic form of an athlete's. Training have always keeps searched for the training schedule which will influence of result in better performance. The evaluation of sports training as a program leading to impact their sports performance result. All the sports events are highly important for strength and acquisition of sports skill are important to enable the sportsmanship to do the required motor quality during the competition without concentrating on the movement.

The Basketball game is one of the most popular sports in the world. The attraction of the game is fast moving and played on relatively a small area or court, so that, every individual player is constantly in the involved action. Basketball is one of the most popular sports where variety of tackled skills (Taylor 2003) [6]. The nature of the types of skills is determined by the nature of the competition in all the sports, like any sport, Basketball required mastery of complex motor skills in order to perform basic fundamental skills in Basketball. A player require quick assess the situation and act accordingly for the game. The game demands mastery of several fundamental skills, including the ability to dribble,

passing, throw, crossover, black and rebound to assess to score baskets like, lay-ups, free-throw shots and jump shots (Bossi. 2005) [2].

2. Statement of the Problem

The main purpose of the study was to find out the Effect of Basketball Specific Training on Skill Performance Variables among Inter-Collegiate Male Basketball Players of Rani Chennamma University Belagavi, Karnataka.

3. Aims and Objectives of the Study

The purpose of present study is to make accuracy of playing Basketball Specific Training on Skill Performance significantly improve health, well-being, physical fitness as well as achievement in participation in Inter-University/ National/International level basketball completions. It has been conducted in different fields of respective sports and games.

4. Delimitation of the Study

- i). The purpose of the study was to restricted to Rani Chennamma University, Belagavi, Inter-Collegiate Basketball Men Players only
- ii). The study was confined to age group 18-25 years
- iii). The study was limited with total 30 subjects were

selected Group: I Basketball Specific Training Group (BSTG) (N=15) and Group: II Control Group (CG) (N=15)

- iv). The study was limited with Johnson Basketball Ability test consists of the Field Goal Speed Test, Basketball Throw accuracy and Dribbling ability test performance.
- v). The objective of the study was to determine the effect of Basketball Specific Training on Skill Performance variables of inter-collegiate male Basketball players.

5. Limitation

- i). The following factors are the limitations of the study since the researcher could not have control over them.
- ii). The hereditary and environment factors, which would influence the selected criterion variables was recognized as major limitation.
- iii). The study was limited to certain factors like day to day activities, lifestyle, diet, socioeconomic status could not be controlled, which may have influence on skill performance variables and this was recognized as a limitation.
- iv). The methodological variables such as air temperature, atmospheric pressure, relative humidity etc. during playing session could not be controlled and their possibility influence on the result.

6. Hypothesis of the Study

- i). There would be a significant improvement as a result of skill performance variables when compared to the control group.
- ii). There would be a significant difference in the changes in skill performance between Field Goal Speed Test, Basketball Throw accuracy and Dribbling ability test.

Parimala and Pushparaj (2014) [4]. Studied on Basketball specific training group significantly improved the passing ability to better than the traditional method of training. Kumar (2014) [5] found that the effect of specific training footwork

and ability workout for twelve weeks of training plan on selected offensive skills of basketball players are effectively enhance the passing and shooting abilities of the men Basketball players. The purpose of the study was to find out the effect of Basketball specific training on skill performance variables among Inter-Collegiate men Basketball players of Rani Chennamma University Belagavi.

7. Methodology

Selection of the Subject:

The selection of to achieve the purpose of this study was 30 Inter-Collegiate male basketball players were selected from Rani Chennamma University Belagavi, Karnataka, India. The age ranged between 18-25 years. The nature and important of the study was made into equal two groups namely G-I (Specific Training Group) (STG) (N=15) and G-II (Control Group) (CG) (N=15) The administered and conducted to assess the basketball skill performance variables field goal speed test Basketball Throw accuracy test and dribbling test was considered as a pre-test and posttest. The training underwent specific basketball skill performance training for 12 weeks. After 12 weeks of specific basketball skill performance training score were recorded pre-test and post-test accordingly. The evaluated collected data was used “t” test for the analysis of the data. The hypothesis was tested at 0.05 significance was set (P>0.05) level of confidence. The statistical analysis has carried out by used IBM SPSS 20.0

8. Analysis and Interpretation of the Data

The collected data on selected criterion variables were analyzed of collected data and have been presented in this chapter. The main purpose of the study was to find out the effect

The collated data on selected criterion variable were analyzed of collected data have been presented as strength, speed, flexibility and agility of specific Basketball skill performance training Group and Control Group were analysis and presented in the following graphical presentation

Table 1: The summary of mean, standard deviation, and t value for the pre-post test on Field Goal Speed Test, Basketball throw Accuracy test and Dribbling Accuracy test of Basketball Specific Training Group and Control Group.

Variables	Group	Control Group			Experimental Group		
		Mean	SD	“t” Value	Mean	SD	“t” Value
Field Goal Speed Ability	Pre Test	13.300	1.909	1.57 ^{NS}	15.130	2.502	4.79**
	Post Test	14.670	1.369		18.899	2.796	
Throw Accuracy Ability	Pre Test	20.155	2.021	0.28 ^{NS}	22.480	2.533	5.36**
	Post Test	21.460	1.688		25.000	3.999	
Dribbling Ability	Pre Test	12.340	2.011	1.89 ^{NS}	14.630	2.768	3.98**
	Post Test	15.110	1.959		16.389	2.500	

*Significant at 0.05 level; ^{NS} Not Significant

The table shows that the pre and post-test “t” test obtained value for the Field Goal Speed Ability 1.57, Throwing Accuracy Ability 0.28, and Dribbling Ability 1.89, for Control Group which are less than the table value 2.05, Hence, it was conclude that no changes pre-post test was statistically non-significant at 0.05 level of confidence among control group. The paired “t” test reveals that there was a difference between

pre-post-test for the obtained “t” values Field Goal Speed Ability 4.79, Throwing Accuracy Ability 5.36, and Dribbling Ability 3.98 for Specific Training Group. Which are greater than the table value 2.04, it was concluded that the basketball specific training group was significantly improved the selected skill performance variables of men Basketball pre-post test was statistically significant at 0.05 level of confidence among Specific Training Group.

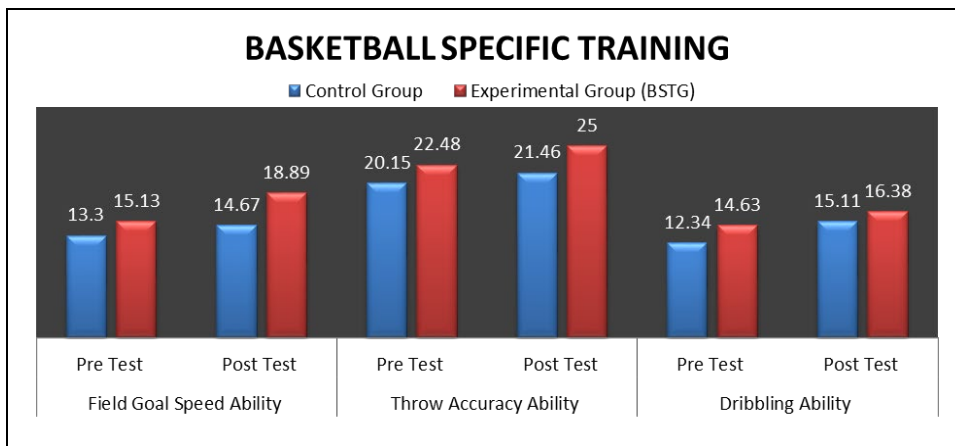


Chart 1: Bar Plot Graph shows comparison of pre- post tests scores on on Field Goal Speed Test, Basketball throw Accuracy test and Dribbling Accuracy test of Basketball Specific Training Group and Control Group

9. Discussion on Findings

The current study was find out the effect of basketball Specific Training Group on Skill performance on variables of Rani Chennamma University Belagavi men basketball players were examined the effects of basketball specific training on skill performance variables of basketball players. The researcher has made frame work of administration of pre-post test for collection of the data and appropriate statistical analysis to discuss the findings of the results that specific training groups improved as selected criterion variables such as Field Goal Speed Ability, Throw Accuracy Ability, and Dribbling Ability of Basketball Players.

The specific basketball training schedule such as include: flexibility, strength, agility, speed, endurance drills were to specific target the requirements of competitive world. The proper movements are required for the Field Goal Speed shooting basketball with biomechanics movements, impact of psycho-physiological motor abilities were find. And similar results supported by Chidambara Raja (2014), and Prem Kumar (2014) [5] the specific training schedule with proper footwork and ability skill performance were improved of basketball players

All the fundamental skills in basketball namely passing, receiving, dribbling, shooting, rebounding and defensive movement need to improve the specific speed, balance, power and ability to achieve high level of performance. The study has been proved that the ability to use the specific skill with accuracy speed and ability drill has the greater impact in defensive position of basketball players. Therefore, It was concluded that the results findings of the study was that the twelve weeks basketball specific training schedule was efficient enough improved accuracy speed goal, throwing accuracy with shooting and dribbling with accuracy passing movement of basketball players.

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