

Study of Shooting Accuracy and Flexibility of Basketball Players in Amravati District

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Abstract

Basketball puts a lot of stress on the body and injuries can happen, so warming up, stretching your muscles and joints, and cooling down is important. Flexibility ensures that you maintain optimal mobility of all your joints. This increases the balance between muscles that will ensure efficient movement and force production. Also, certain muscular restrictions make it hard to maintain body positions that are essential to your performance. Shooting accuracy is also important to develop the performance in basketball. The researcher chose the basketball players in Amravati district and analyzed the percent of flexibility and shooting accuracy of players.

Introduction

Basketball teaches you about being a good team player and can be a great social sport. Adults should check with their doctor before taking up basketball. Basketball puts a lot of stress on the body and injuries can happen, so warming up, stretching your muscles and joints, and cooling down is important. Flexibility training involves exercising at a low intensity to improve the range of motion of a joint. Static, active and dynamic stretching are all forms of flexibility training. By engaging in flexibility exercises you can improve posture, prevent muscular imbalances leading to injuries and reduce soreness after a workout.

Flexibility ensures that you maintain optimal mobility of all your joints. This increases the balance between muscles that will ensure efficient movement and force production. Also, certain muscular restrictions make it hard to maintain body positions that are essential to your performance. For example, tightness in your lats (your large back muscle) can prevent you from being able to hold or reach your arms straight over your head, and tightness in your calves may result in a player "fading away" rather than leaning forward when making a move to the basket.

Review of literature

Williard (1973), conducted the study to compare the bank and at shots and various combinations from selected shooting angles for the college students. The results have not been analyzed in detail. Study on the comparison of various levels of ability and practice conditions when shooting

basketballs from three different distance with and without use of backboards was carried out by Roberts.

Methodology

The researcher has described the design of the study in detail. The size and selection of the sample, the variable and the control employed the sources of data, the tools and the method of gathering data, the description of data gathering instruments and the statistical procedure used in the analysis are carefully described.

Sources of Data

The researcher did the data collection through the physical college in Amravati District.

Selection of Subject

The study was done about the flexibility and the shooting accuracy of the basketball players. The researcher selected the 40 badminton players from the physical college Amravati. Their ages varied from 19 to 24 years.

Collection of Data

The researcher chose the Basketball players of Physical College Amravati. In this study the students were chosen randomly having age group between 19 to 24 . The researcher have made the test on the selected basketball players through percentage formula have checked the flexibility and the shooting accuracy of basketball players.

Analyzing data

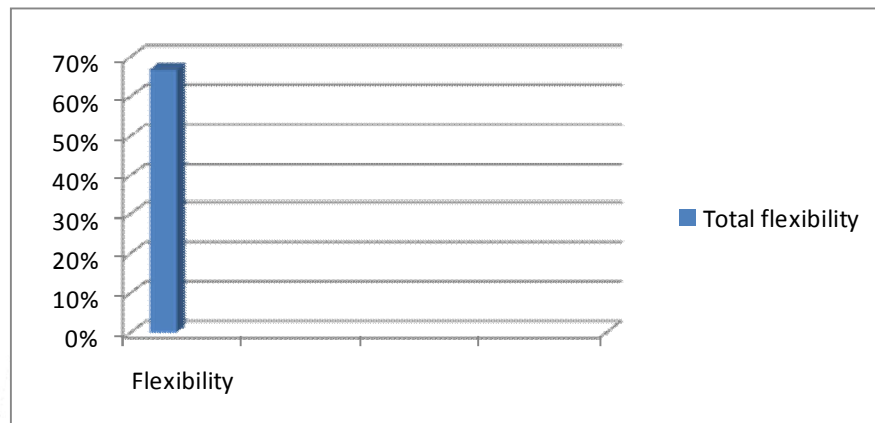
The present study was a study of the flexibility and shooting accuracy of the basketball players. Percentile method was used for the data analysis.

The flexibility of basketball players of Amravati district

Subject	Total % of Flexibility
40 basketball players of Amravati district	67.59%

The table indicates that the 40 selected players of basketball having flexibility 67.59%. The flexibility is excellent in the basketball players of Amravati district.

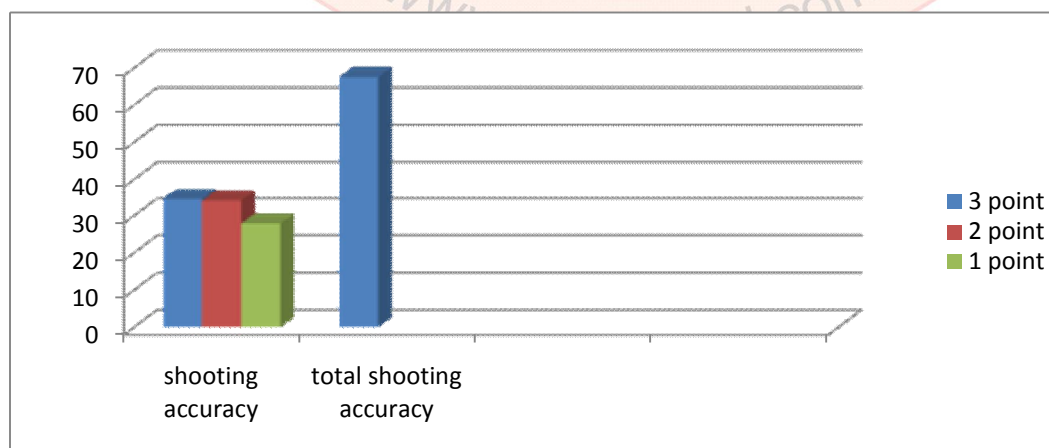
Graphical representation



The shooting Accuracy of Basketball players of Amravati district

Subject	3 point s (total %)	2 poin ts (total %)	1 poin ts (total %)	Total % of Shooting accuracy
40 basketball Players of Amravati district	34.7 4%	34. 24 %	28 %	67.65%

The above table indicates that shooting accuracy of basketball players is higher than the standard norms.
Graphical representation



Conclusion

The study was about the flexibility and

shooting accuracy of the basketball students in Amravati district. By the collection of data the

following conclusions were drawn.

The study found that the flexibility of the basketball players in Amravati district was excellent and the shooting accuracy of the basketball players in Amravati district were higher than the standard norms.

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