

## Fundamental skills important for Team games

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### Abstract

*The main aim of team game is to help players work together and gain respect for each other. If a team needs to be good then all the players need to stay together and work towards the common success of the Team. Basketball as a team game is one of the most popular games worldwide and favourite of many a young lad. It is a very fast, high scoring and naturally flowing game. Basketball was introduced in 1891 by James Naismith in Massachusetts, It is a non-contact team sport. Another team sport- Kabaddi is one of those Indian games that requires a lot of stamina, agility, power and quick reflexes and a great presence of mind. Teamwork is not only important on the field but It can also help the players to manage interpersonal conflicts in many areas of life and it is an extremely important job skill. Children enjoy and learn a lot from simple teamwork games.*

### Introduction:

**A** team game is one in which many players of the same team assemble together for a common cause that is to achieve a certain goal. The main aim of team game is to help players work together and gain respect for each other. These games are also good for new players who are eager to learn and help them in making a good bonding between different members of a team. If a team needs to be good then all the players need to stay together and work towards the common success of the Team. Some examples of team games are as follows:

#### Basketball

It is one of the most popular games worldwide and favourite of many a young lad. It is a very fast, high scoring and naturally flowing game. The players are required to throw the ball into a basket which is fixed horizontally on a stand to score points while playing within certain rules. The court is marked with throwing positions and the basket is fixed at two ends of the court. The rules are made in such a manner that the players can move freely around the court and take up whichever position suits them. All players get an equal chance to score the basket. The manner in which the game continues after the scoring of a basket or breaking of any rule that is when a foul occurs is what makes the game a very fast one. For any player who wants to learn how

to play the game, it is very important that they learn the basic skills of handling the ball i.e. passing the ball, dribbling, receiving, shooting and others. This game involves co-ordination and mostly tall players are preferred for playing this game.

#### Background of the Game:

This game started being played at Springfield College of Physical Education and it was here that the first lot of 13 rules which are followed till date were framed by Dr. Naismith. In India the game started being played at YMCA in Kolkata and later at YMCA Chennai. Now-a-days it is one of the most sought after games to be played by young men and women in schools and colleges. To promote the game nationally and internationally the Basketball Federation of India was set up in the year 1950. The first National game event was held in Delhi in the year 1934. After 1951 the event of Basketball was conducted and organized annually by the BFI.

#### Basics of the Game:

The game of Basketball is played on a rectangular court which can be a wooden indoor court or a concrete court outdoors. The dimensions of the court are 28 x 15 mts. It is divided into two sections which are named as half courts which in turn is divided by the central line called the mid-court. The game starts with a jumpball i.e. throwing up of the ball by the referee in the center of the court and this decides in which team will get the possession of the ball. The duration of the match for

each quarter is for ten mins with a rest of 2 min in between. An extra time of 5 mins is also allowed wherein teams exchange courts in each quarter. The clock is paused till the time when players resume playing the game.

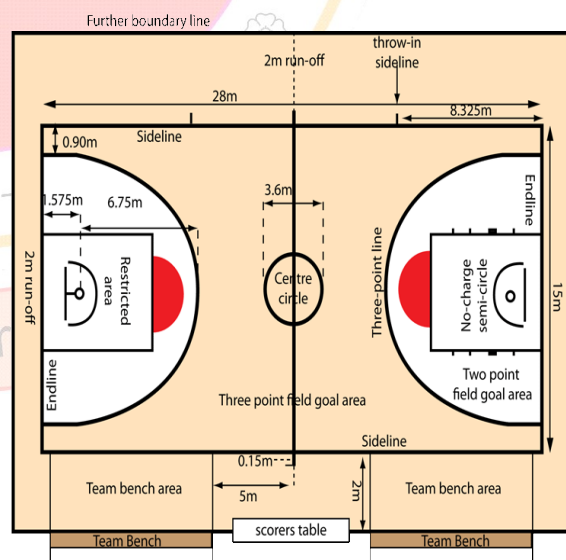
A team should not exceed a total number of more than 12 players which includes the captain as well. But at any point of time in the game only a total of five players can be present on the court. The team which tries to score point by attacking the opponent team is termed as ‘on Offense’ and the defending team is termed as ‘On defense’. The ball can be passed on to the players by dribbling or by passing and if the ball goes out of the court due to the offensive team then possession of the ball is given to the defensive team player. All the players whether men or women have to wear a standard uniform which is a pair of shorts and a jersey with a number printed on the back and front side and it should be clearly visible. High ankle shoes provide for extra support to the ankle while playing. Monitoring of the game is very closely done officials who are appointed for the game. It may comprise of a referee, five table officials and one or two umpires. The table official are responsible for keeping a record of timekeeping, scoring, fouls committed, alternating ball possessions and player substitutions.

**Fundamental Skills**

To play the game of Basketball a player does need some fundamental skills:

- i. **Players Stance** – It is a very basic skill which requires a player to hold the ball with both hands, fingers pointing outwards, keeping the thumbs upward and keeping the feet apart and knees slightly bent.
- ii. **Dribbling** – While watching any game of basketball we observe that the players bounce the ball with the hand on the surface. This action of bouncing the ball continuously is termed as dribbling. It can be done in one spot or while moving across the court. There are a variety of actions which are used by players. They may change the dibbling hand from left to right or move the ball from front to back while dribbling. Some may even take a round-about turn in order to deceive their opponents.

- iii. **Passing** – It is of utmost importance that in basketball the player needs to transfer the ball to another player. This is called as passing. There are different kinds of passing such as overhead pass, chest pass, bounce pass, hook pass, back pass and baseball pass.
- iv. **Shooting** – To score points, a player needs to throw the ball in the basket of the opposing team and win the game. There are numerous shooting actions which are used by players such as the two hand set shot, one hand set shot, layup shot, jump shot and others.
- v. **Rebounding** – When a player takes a shot at the basket, if the ball does not go in the ring but bounces off the sides or over the board, it is called as rebound.
- vi. **Individual Defense** – In a game of basketball if a team loses passion of the ball, the players have to immediately focus on individual defense. For a team player a good defense system will be enable if they focus on their movement, vision, footwork, agility, location on the court at any instance and how they and how they can contribute to the defense of the team as a whole.



**Kabaddi**

Kabaddi is one of those Indian games that requires a lot of stamina, agility, power and quick reflexes and a great presence of mind. The game can be played on a plain surface. The game is believed to have originated in Maharashtra where rules were framed in 1921. In modern days the game is being

played throughout India with great zeal and enthusiasm. Even in South Asia in some parts this game can be found to be played. The Formal governing body for the game was set up in the form of All India Kabaddi Federation in the year 1950. This was followed by the setting up of the Amateur Kabaddi Federation of India (AKFI) in 1972. In the 9<sup>th</sup> Asian Games played at New Delhi, Kabaddi was included as a demonstration game. India won the gold Medal in the 11<sup>th</sup> Asian games played at Beijing in 1990. The games promises a very bright future for India as now sponsors' have started with the Indian Premier Kabaddi League Tournaments. Players are getting the notice and following which was otherwise denied to this particular game as compared to other games like cricket.

**Kabaddi Court:**

The playing court of Kabaddi needs a level field and soft surface. The length and width is 13m x 10 m.

**Playing Rules:**

Two teams are required to play the game and each team comprises of 12 players each. From these seven players are allowed to play at a particular time while the remaining are treated as substitutes. The toss is conducted with a coin and the team which wins the toss has the option of choosing the court or the raid. The match is played in two halves of 20 minutes each with a break of 5 minutes in between. The player of the opposing team who enters the court is called the raider. The raider has to utter the word Kabaddi continuously under his breath while he is on a raid without any break. This is called as 'Can't'. A player should start with a can't before he/she enter the opponent's court. If the raider touches any player of the opponent team during can't and later is able to reach or touch his/her court line then the opponent player is declared out. On the other hand if the opponent team player are able to restrict the raider from reaching his part of the court till he/she loses can't, it is known as holding the raider. Once the raider reaches his court the opponent has to conduct the next raid within five seconds.

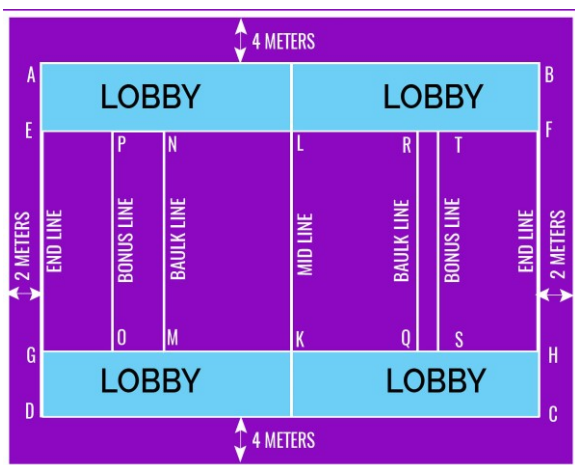
If one or two players are only left in the team, the captain can declare his team as 'OUT'. During a game each team is allowed to take two

'time outs' of 30 secs in each half. But during this time the teams are not allowed to leave the ground. During play if any player goes out of the boundary, that player is declared out and the opposing team gets one point. The team which scores the highest point at the end of the match is declared the winner of the match.

**Fundamental Skills**

The players need some fundamental skills which are as follows:

- i. **Feint or Fake** – The movement which is used by the raider to confuse the opponent is called as Feint.
- ii. **Leading Leg raid** – In this type of raid the raider maintains a posture very much like a boxer who keeps on shuffling and dis never in one position for the opponent to catch him.
- iii. **Shuffling Raid** – The raider changes his direction suddenly and also keeps on shuffling his feet constantly.
- iv. **Reverse step raid** – The raider keeps on changing his footwork from front foot to back foot and back to front continuously during the raid.
- v. **Hand touch** – The raider tries to keep his arms stretched towards the opponents to present a false picture of himself to get his opponents out.
- vi. **Hand swings** – The swinging action of the hand and arm is done with a view to touch one of the opponents.
- vii. **Toe touch** – During the raid when the raider extends his toe to touch the opponent it is referred to as toe touch.
- viii. **Foot touch** – When the raider uses his skill of touching the opponent with his foot for getting him out it is called foot touch.
- ix. **Kicking** – If the raider uses a side kick or a back kick or rolls over and then delivers a kick to touch his opponent it is termed as kicking.
- x. **Safe Raid** – In case of a struggle when the raider is caught by the defenders he can make himself safe by jumping over the player to reach his court or dive or roll towards the center line. This is considered as a safe raid.



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**Conclusion**

Thus we can come to the conclusion that through physical education programs a person understands not only on staying fit and active, but also on understanding important social skills, like working with others members of a group to achieve a common goal. Teamwork is not only important on the field but It can also help the players to manage interpersonal conflicts in many areas of life and it is an extremely important job skill. Children enjoy and learn a lot from simple teamwork games.

