

STUDY ON STRUCTURES OF GAME USE IN TEACHING BASKETBALL CLASS VII-A

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Abstract:

Basketball as a sport game and the school sports disciplines fulfills an important formative function, contribute primarily to achieving the objectives of the mass of sports performance. Placing structures play in training in physical education lessons, lessons in the training of teams representing schools, clubs, sports teams to school in the form of algorithms ensure increased effectiveness of these lessons as they take snippets of the game after the game competition. Structures using the game as goals and means in the process of training, provides a quantitative and qualitative effort consistent with those inquiries competition. Game bilaterally as a means of integrating all of the structures must be present in the lessons on an ongoing basis.

Introduction

Physical exercise was born out of work, then work to serve. In time, man has learned and understood that, through a systematic training will succeed in becoming stronger, more courageous, more tenacious can still climb up the rungs of society. Physical education should become a necessity of the condition, the increased efficiency required of every citizen, regardless of profession and age, it must be the most formative in nature.

Its importance

News theme is clear from the need to modernize the education process in conditions where we have physical education programs developed by this time a new concept. From here you need to start off teaching strategy to discipline the class objectives, followed by its contents and their related operational objectives accompanied by practical activities and their extension.

The motivation for choosing the theme

Choosing this topic was prompted by our concerns for the dynamic relationship between curriculum and methodology of basketball in physical education lessons in secondary schools. Structure of the game of basketball

Systematize content structures play the game: playing-game (general structure), half times the game, the fundamental situation of the game: attack and defense, the phases of the game, action game and play elements. It stressed that the training structure of the game takes two basic situations basketball game attack and defense.

Entering the game in education structures in physical education lessons, the lessons of training with teams representing schools, sports clubs, school teams, as these algorithms ensure efficiency because they take lessons snippets of game play competitive model. Using play structures in the objectives and means of instruction, provide a quantitative and qualitative effort in line with demands that competition. Bilateral game as a means of integrating all structures must be permanently present in the lessons.

The aim and research tasks

The purpose and tasks of the work are to help to optimize teaching physical education in grade VII, using technical structures - tactical basketball.

In this study, we aimed to investigate to what extent is build for research and evaluation of driving skills of secondary education, by using means and methods of the game of basketball, also aim to increase efficiency and attractiveness of education lesson physical by their use.

Research hypotheses

In this study that we conducted we set the hypothesis that the specific means and methods of the basketball game, where our basketball game structures, used intensively in physical education lessons in secondary schools can contribute effectively to the learning faster the game of basketball, learning of the students practice autonomously, independently.

Research methods used

In preparing the paper work I use techniques appropriate research methodology. We used the

following methods: Method documentation and bibliographical study, observation method, method demonstration, experimental methods, test method, mathematical statistical method.

Research organization - duration, collective, material conditions

The experiment was organized and held in the gymnasium classes CN Stephen the Great in Bacau, led by Professor AA during the 2007-2008 school year. Experimental class with a total of 11 boys and 14 girls and grade 14 girls and 11 boys witness: Class A Class VII Experimental Class VII Class B control.

Results obtained in control samples on the game of basketball practice in physical education lessons to grade VII

Using the lessons of physical education in classes as an experimental modeling and applying learning the game of basketball competitions from the premises ensures an improvement in the methodology of teaching the game of basketball in physical education lessons to grade VII. It also provides the parameters provided performance of all components of physical education in grades VII. One can appreciate that the lessons of physical education classes conducted at specific physical experiments have provided the game. Contested games between classes has shown that technical and tactical skills baggage of students in experimental groups is significantly higher than those of control and we would like to note that the mechanism of decision making was often crucial in obtaining success of the experimental classes.

The specific speed test found the following results:

- Class VII-A - experiment: testing 1 to 8 students met the standard, test 2 to 20 students met the standard
 - Class VII B - witness: testing 1 to 5 students met the standard, test 2 to 14 students met the standard
- Progress is obtained in both classes, but more in the experimental class, the difference being 10 students who made the rule, the number of pupils from class to class experiment and the control.

The following sample tests of dribbling, occurred following results:

- Class VII-A - experiment: testing 1 to 4 students met the standard, test 2 to 21 students met the standard
 - Class VII B - witness: testing 1 to 7 students met the standard, test 2 to 15 students met the standard
- We have progress in both classes, but more to the class experiment is a difference of 10 students who made the rule, the number of pupils from class to class experiment and the control.

The last sample, sample technical complex occurred following results:

- Class VII-A - experiment: testing 1 to 5 students met the standard, test 2 to 24 students met the standard
 - Class VII B - witness: testing 1 to 5 students met the standard, test 2 to 16 students met the standard
- It highlights that the class VII A and VII B to progress in the realization rule, but class experiment progressed more as a difference of 11 students who made the rule, the number of students in class experiment and those of the control class. It is generally observed large increases in all samples, the students from class to class experimental control.

Conclusion

Conduct the experiment and processing results led to the following conclusions:

- It can be said that the use of specific tactical and technical structures of basketball, provided a high efficiency of physical education lessons confirming the assumption made our initial experiment. Structures has provided all students, girls and boys and determining a high motivation to engage in specific efforts together and assimilation of knowledge and skills necessary for practicing the game of basketball.
- Introduce the lesson of physical education class VII of the tactical and technical structures for learning to play basketball in the presence of other general and operational objectives of physical education provided in school curricula.
- The experiment showed the students the ability to quickly acquire a basketball game in teaching using play structures .
- Practicing self tactical and technical structures of basketball in physical education lesson the teacher creates the opportunity to deal directly with students running from class athletics or gymnastics with positive influences in solving all the objectives: development of psycho-motor skills, training and development skills and motor skills used in the game of basketball.