

THE EFFECTS OF WARM-UP OF DIFFERENT DURATIONS ON BASKETBALL SKILL PERFORMANCE

Sanjeev Kumar*

ABSTRACT

The purpose of the study was to find out the effects of warm up of different duration on basketball skill performance. The subjects were twenty trained female Basketball players randomly selected from Lakshmbai National Institute of Physical Education, Gwalior, who were regularly reporting for Basketball practice during the optional period. Their ages ranged between 17 and 25 years in the college records. All the subjects were residents in the hostel of the said institute. The subjects had their regular training in physical education activities as a part of their routine program of the institute. The basketball variables for this study were Zig-zag speed dribbling through four chairs and back to the starting line, Wall Bounce 15 times using chest pass, Dribble in a zig-zag manner through three chairs, shoot and come back to the starting line, Four trials of Penny Cup test. To find out the differential effects of the different durations of warm-up on Basketball skill test multi group analysis of variance was used. The level of significance was set at 0.05 level of confidence. The results of the study revealed that there were significance difference was found in all the selected duration of warm and more effect on selected basketball skill was found in 30 minute of warm up.

KEYWORDS: Zig-zag, Penny Cup Test, Warm-Up, Jumping Jacks, Arm Swings, Wall Bounce.

Introduction

Warm-up is usually not thought of as an environment problem, since the emphasis is less on the ambient temperature and more on the internal temperature. Earlier it was pointed out the athletic practice usually includes the ritual of warm-up partly because it will prepare the performer and permit him to make a maximum effort. Thus, warm-up for the runner in the short dash events differs from that of the distance runner. The hurdler includes a great deal of stretching in his routine. Participation in the non warmed state seems to pose little threat of injury which should result in an all out effort. Active warm-up when fairly vigorous and extensive enough to cause elevated muscle temperature seems best (David H. Clarke.1975)

The warm-up must be specific to the activity being performed and should be increased in intensity as the performer becomes better conditioned. If there is a long delay between warm-up and the performance, the beneficial effects of the warm-up may be reduced or eliminated. (William Dayton,1956)

Warm-up improves performance and prevents injury in athletics. Warm-up must be organized and complete. To do a few arm swings and jumping jacks is not enough. The amount of warm-up varies with the individual. Some men will warm-up for 20 minutes, while others will take an hour. The benefits of warm-up of may be lost if it is performed too early before the contest (Clayne R Jenson Gordon W. Schultze, 1979).

The timing and duration of the warm-up are important. It should bring the athlete to his event ready to operate at his most efficient pace from the beginning but not tired from his efforts. Therefore, in

* Ph.D. Scholar, J.J.T. University (Registration No. 17116063), PGT Phy. Edu., BBV, Pilani, Rajasthan.