

## CHAPTER V

### SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

#### 5.1 SUMMARY

Basketball is one of the most popular sports in the world. Participations of all ages have discovered basketball to be fun, competitive, educational, recreational and fitness oriented. Individual skills such as shooting, passing, dribbling and rebounding along with offensive and defensive teamwork are prerequisites for successful participation in the sport.

Coordination motor abilities are particularly important at the initial stages of the sports development of a competitor. A high level of coordination improvement since the earliest years makes it possible to make use of technical and tactical skills during a sports competition effectively. Coordination is the ability to integrate separate motor systems with varying sensory modalities into efficient movements. Co-ordinative abilities are primarily dependent on the motor control and regulation process of central nervous system. The harmonious working together of the synchrony, rhythm, and sequencing aspect of one's movements is crucial to coordinated movement. Insufficient training of co-ordinative abilities limits the performance ability specially at higher level. But, well developed co-ordinative abilities provide essential base for faster and effective learning, stabilization base for faster and effective learning, stabilization and valuation in technique and their successful execution in game situation.

The researcher wanted to diagnose the importance of co-ordinative abilities on the Basketball playing ability at the gross root level. To achieve the

purpose of the study the investigator selected 200 subjects from 20 different schools in Tamilnadu. The selected subjects were in the age group 12 to 14 years junior category. 50 boys and 50 girls were beginners who played basketball upto interzonal or interschool level and 50 boys and 50 girls were district level players who played upto district level or divisional level. The static group comparison design was used and the selected subjects were divided into four equal groups consisting of 50 subjects each. 50 junior boys in beginner group (Beginner Boys Group, BBG) and 50 junior boys in district level group (District Boys Group, DBG). And, the girls also divided into 50 junior girls of beginner group (Beginner Girls Group, BGG) and 50 junior girls of district level group (District Girls Group, DGG). To find out the significant difference among the groups the statistical technique Analysis Of Variance (ANOVA) was applied and Scheffe's Post-hoc test was administered. The level of significance was fixed at 0.05 level.

## **5.2 CONCLUSIONS**

1. It was concluded that junior level Beginner Boys Group showed significantly higher reaction ability than the Beginner Girls Group.
2. It was concluded that junior level District Girls Group showed significantly higher reaction ability than the Beginner Boys and Beginner Girls Groups.
3. It was concluded that junior level District Boys Group had more reaction ability than the District Girls Group, Beginner Boys and Beginner Girls Groups.
4. It was concluded that junior level District Boys Group had more orientation ability than the District Girls Group, Beginner Boys and Beginner Girls Groups.

5. It was concluded that junior level District Girls Group had more orientation ability than the Beginner Boys and Beginner Girls Groups.
6. It was concluded that junior level Beginner Boys Group showed significantly higher orientation ability than the Beginner Girls Group.
7. It was concluded that junior level District Boys Group had more differentiation ability than the District Girls Group, Beginner Boys and Beginner Girls Groups.
8. It was concluded that junior level District Girls Group had more differentiation ability than the Beginner Boys and Beginner Girls Groups.
9. It was concluded that junior level Beginner Boys Group showed significantly higher differentiation ability than the Beginner Girls Group.
10. It was concluded that junior level District Boys Group showed significantly high balance ability than the Beginner Girls Group. And, there was no significant difference among other groups on balance ability.
11. It was concluded that District Boys Group, District Girls Group and Beginner Boys Group showed significantly high rhythm ability than the Beginner Girls Group. And, there was no significant difference between other groups on rhythm ability.

### 5.3 RECOMMENDATIONS

1. The research study would help the Physical Educationists, Coaches and Players to include the co-ordinative exercise in the training schedule.
2. The results of the present study highlight the importance of co-ordinative abilities in learning the motor skills.
3. The result of the research study emphasizes the Physical Education Teacher about the need of learning co-ordinative abilities to perform well in the higher level of participation.
4. Similar study can be carried out by using more number of subjects.
5. Similar study may be conducted on the senior and elite basketball players.
6. Similar research study may be conducted at the different age level, national and international players.