

The Effect of the Free-Throws Shot at the End of Every Period of the First Half-Time on the Final Result of the Match at Units of Basketball Promotion

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Abstract: This research has for goal to disclose the degree of the importance of the free-throws shot after every period of the first half-time on the final result of the match at units of promotion. Globally, our work is based on the evolution of the rules of promotion units during the three years 2006/2007, 2007/2008 and 2008/2009. After the study of these free-throws through matches that are written on papers of matches, we noticed that rates of these free-throws are too weak. Therefore, we deduced that the free-throws are disregarded in workouts of these promotion units. Statistically, in order to validate results, we opted for the percentage.

[Slim Khiari and Habib Ghedira. **The Effect of the Free-Throws Shot at the End of Every Period of the First Half-Time on the Final Result of the Match at Units of Basketball Promotion.** *J Am Sci* 2013;9(12): 304-314]. (ISSN: 1545-1003). <http://www.americanscience.org>. 42

Key-words: Free-throws, Units of promotion, Basketball, League of south.

Introduction:

During the last years, we noted that centers of formation play a primordial role in general in the sporty domain and the discipline of the Basketball in particular. According to their levels of outputs, their sittings of practices, has a remarkable evolution on all psychological, educational and physiological sides. With time, we observed an apparition of the specific regulation at these youngers. Lately, we noticed that competitions exist for these units on a national scale. The National Technical Direction of Basketball put a new regulation at these youngers to participate in the national competitions. This regulation is independent of the other category regulation, since there is integration of free-throws at the end of every period of game, during the first half-time. These free-throws will be included in the score of the match and registered on the paper of match. While taking this regulation as a basis, we study the effect of these free-throws on the final result of the match. In the first place, we study the influence of the free-throws on the score of a period then, their effects on the final score. Following the success of these free-throws is there a change in the score of the match? Do these free-throws affect the result? Can a team which leads the score loose its match more precisely, because of a certain number of free-throws missed?

We will see in a first time the contingencies of the free-throws, their importance and their moments of execution, as well as their technical aspects and biomechanics. In a second time, we will expose the

historic of the regulation of promotion units and its apparition in the domain of Basketball in Tunisia. Then, modifications that took place during the evolution of this regulation.

Problematic:

For centers of Basketball promotion belonging to the league of Sfax, the score of the match seems to be very affected by the free-throws, drawn after every period of the first half-time. However, these free-throws are nearly disregarded during workouts.

Hypotheses:

- 1 - The free-throws after a period of game influence on the result of this one.
- 2 - The free-throws after every period of game influence on the final result of the match.

Objective of research:

To disclose the degree of the importance of the free-throws shot after every period of the first half-time on the result of the match at units of promotion mentioned.

Theoretical part:

The free-throw:

It is a shooting of basis for all schools of Basketball. This shooting is often judged easy by spectators who have difficulty understanding that we can be little effective in this exercise. With shocks, the tiredness and the pressure on the player it is yet, that becomes difficult. Otherwise, the time of which arranges the player to concentrate can turn paradoxically, against it. It is why, it is not rare to see some more effective players in shootings fields, even

with opposition. In another register, it is not rare to see players or teams passing completely nearby on a match and some even advance the idea that a player's failure creates a collective tension that can minimize the success of his team mates.

Rules:

According to the article 43 of the official regulation of the Basketball, imposed by the International Federation of the Amateur Basketball, "A free-throw is an opportunity given to a player to mark a point by direct shooting to the basket without opposition from a position situated behind the line of the free-throws inside the half-circle", to a distance of 5,8m of the last line and 4,6m of the basket. Cases are: when a mistake is committed on a player who shoots to the basket, when a bad mistake is hissed against a player, when a technical mistake is hissed against a player, a trainer or a member of team's bench, when a disqualifying mistake is hissed against a player, a trainer or team's member and when a team totals more that four mistakes during a period.

Moments of the free-throws at units of promotion:

The regulation of game of units of promotion of Boys and Girls, imposed by the Tunisian Federation of Basketball and signed by the National Technical Direction announcement shows us that after every period of game of the first half-time every player will shoot two free-throws, taken in account in the score of the match. There are other moments where we can shoot some free-throws, but we are going to limit themselves on the free-throws shot after every period of the first half-time. The four players who participated to the first period of the match, at the end of this one are going to shoot each two free-throws. The same action repeats itself at the end of the second period and at the end of the first half-time.

The importance of the free-throws in Basketball:

The free-throws are gestures often repeated by players in practice. It is indeed, a potential number importing points to mark to every match. The best player of free-throw has a rate of success in match close to 100%, but some players feel enormous difficulties to this exercise and have a rate lower to 50%. Some important points have been demonstrated: "the free-throws are supposed to be shot easily for Basketball players"; the objective of Basketball players is to mark points. The free-throws allow them to achieve it under the condition to be precise and regular and exercises there are proposed to perfect the precision and to arrive to the regularity. A technical description is necessary, even briefly. The other attraction of this work is the communication by players that allow trainers to learn how to bring their players a value for the free-throws in their tactical conception. All it to achieve a supreme objective, to reach the universal norms of

the middle rate of success required in competition (70%). Points marked on free-throw must make from 20 to 25% of capitals points achieved.

The importance of the free-throws in the capital dawns:

The free-throw must be the object of a reflection and must occupy a great part of choice in preoccupations of the Tunisian trainer of Basketball. It can only help him to master aspects of the training and perfection of this technical element and to make a component of the competition that has its weight on the tactical plan. The free-throw is bound closely to the evolution of the Basketball. To take account of it is a necessity.

Description of the free-throw:

The free-throw is an essential gesture in Basketball. Its acquirement by the practice permits to acquire the indispensable bases of a precise and regular shooting. For a lot of trainers, the shooting of basic field is the shooting of free-throws. Indeed, the best shooter to mid-distance is also excellent shooter of free-throws. Otherwise, this type of shooting achieved in standard situation is suitable good to the analysis and permits to have some generalizable findings to other shootings of field. But, although the technique is defined rigorously, it seems that players often take themselves in different ways. Indeed, trainers consider this shooting as the expression of a normative "technique" and let, for this reason, little or great place to adaptations. There would be in spite of all, several ways to succeed a free-throw. The technique that is yet described finely in the literature is being very "normative", can be an illusion. The recent works on this subject showed big variabilities of styles of a test to the other, without the success of it is altered. We present the normative "so-called" technique of the free-throw in the first place. Why a normative "technique" to consider to the free-throw? First of all, because the free-throws constitute an important component of this one. A survey led by Cathelineau puts in evidence the free-throw importance in a team's success. The winner provides the generally best percentage of success to the free-throw. We note that orders advanced by trainers concerning "the normative" technique of the free-throws cut up themselves, look alike and can be presented of the following way:

The preparation:

The alignment: It is necessary to put in line the shoulders, the elbow, the wrist, the main joint of index perpendiculars to the basket and pass by the center of the circle. Then, it is necessary to place the right foot forward for right-handers. Concerning the manner of kipping up the ball, while bending legs, we achieve some dribbles of preparation before the strong foot (always the same number); this while

whipping the ball with the tip of fingers of the strong hand, the other hand remains on the side in order to control whipped it correct of the next shooting. To prepare to arm him, we place hands, remote fingers on the ball. The two hands nearly forming a right angle: the strong hand to the over, the perpendicular fingers to grooves of the ball and the other hand on the side and underneath. For the position of the body and forearms it is while remaining low, bent legs, we rectify the necessary hand position. The tip of fingers of the strong hand on a groove always gets the same feeling during. The wrist of the strong hand is now bent behind the ball in right angle and to the over of the knee. While inspiring, we arm shooting while bringing the ball over to the elbow, while bringing up this one in the axis of the knee; heels are always with the contact of ground. To aim the center of the basket, it is while blocking the breathing, we maintain the pose at least one second. We look fixedly at the point of aim, vision centred on the middle opposed of the circle, while keeping the elbow in the central axis of the basket. The two hands form a "T"; the strong hand of shooting below the ball, ready to whip the ball and the weak hand, of guide on the side. Fingers are separated and the ball doesn't rest on the palm of the strong hand.

The free-throw and the end of the gesture:

We achieve shooting while expiring, while coming with the ball until the tip of fingers and while trying to grow. The extension of legs and arms is simultaneous while finishing, without doing jump, for the regularity of the gesture and to avoid all violation of the free-throw line. We maintain the position and the aim so much that the ball didn't reach its target, this while having the two tense arms toward the circle; finish with wrist of shooting bent, index and or major oriented toward the central axis and ground. The general principles to respect for the player are the ritual, the concentration and the preparation. The training of the free-throw proves to be one of the essential fundamentals in Basketball and particularly during the match. This gesture, with the practice must become easy, without forcing and while keeping the balance permanently. It requires the suppleness at the level of joints of ankles, knees, hips, elbows and wrists; from where the importance understandably of softenings. It also possesses a mental dimension that must not be disregarded. In competition, it can permit to make the difference indeed, notably in end of match when the score is tightened. It is indispensable at this moment to remain lucid, quiet and extract in spite of the tiredness and the tension of match end. For the technique, it must have recourse to the following rules: The free-throw itself must be made by a hand, while the other hand maintains the balance of the ball. Besides, the palm must not touch the ball,

A hand shoots and the other holds the balance of the ball, the elbow loud with hands to the over of the forehead or the head, light bending of knees, bending of the wrist at the time of the shooting. The ball is going to have a rotation behind if bending is correct; the trajectory of the ball must be high (in bow).

Biomechanics of the free-throw:

For a lot of trainers, the shooting of basic field is the shooting of free-throws. All begins by this shooting. Indeed, the best drawer of free-throws is also excellent drawer to mid-distance. Otherwise, this type of shooting achieved in standard situation is suitable to the analysis and permits to deduct some generalizable findings to other shootings of field. But, although the technique is defined rigorously, it seems that players often take themselves in a different way. What are differences between the perfect shootings and shootings failures? Do ways exist to take themselves similar to girls? What principles common to girls and boys can we find? Are orders of trainers confirmed by the analysis biomechanics? What orders to give to players to help them to succeed these shootings?

We present here some results of a research achieved in 1998 on the shooting of the free-throw. Results have been presented to the symposium on shooting to the INSEP in June 1998. They permit us to insist on the certain order importance in relation to others, as well as on the evidence of the frequent use by the useless order of trainers.

The protocol:

Girls and boys, of the federal center, accepted to make a part of the experimentation. They train let daily to think that they already master principles of basis of this shooting technique, described in the article number 596. It was for them about achieving as to the practice to achieve fifty free-throws. But, for the opportunity they have been shot of profile, equipped of scorers very light to the shoulder, to the elbow, to the wrist and at the level of the small finger. The achieved pictures have been treated with the help of software of analysis biomechanics. The presented results only concern here shootings failures and the perfect shootings.

The main results:

Concerning the success, girls appeared more clever than boys. Indeed, 65% of their shootings are perfected against 46% at boys and they nearly achieved two times less shootings failures that boys (15% against 29%). The comparison between players also showed the meaningful differences of the staying of the precision to the free-throw, after 20 shootings. While more especially studying sets of shootings of each among them, we showed that all are not equivalent of the point of view of the staying of the performance. If the precision remains constant for

some, it deteriorates for others during the set of shootings. The best success of girls could explain itself because we used a ball of size 6, the one usually used by girls to the practice and in competition, whereas boys usually use the ball of size 7.

The analysis of the movement and consequences of results:

The survey limits itself to the analysis of the displacement of joints of the shoulder, the elbow, the wrist and the small finger. The simple comparison is sufficient to show that it exists as many shapes of perfect shootings that of Basketball players. We will note that there is not a masculine or feminine shooting style, nor of styles bound to the particular morphologies. However, we could show that the ball doesn't go in the basket when the player corrects the movement during his realization or the player achieves a too belated movement of the wrist downwards or concentrate more on the angle of the wrist rather than on the speed that it must give to the ball or the player immediately interrupts the movement after setting free it of the ball or achieve a whipped instead of a right in line thrust of the ball or keeps the same movement after setting free it of the ball.

The modelling of shooting after analyses of data kinematics:

A simulator model permitted to show that the speed at the time of setting free is more important than the angle of shooting, although less controllable visually by the trainer. In the practice to shooting, we controlled the main problem of the direction, the speed to set free it becomes, then the most important factor. In these conditions, some variations of trajectories are not too heavy of consequences on the success.

Consequences for the trainer:

Finally, the technical adaptations achieved by player don't necessarily harm to the precision. It is necessary to respect the player's creativeness therefore insofar as that works. Outside of the respect of principles of bases and a fork of angles to set free we can say besides, that some orders expressed by trainers are not confirmed. Although, a description in the shape of the movement presents little utility. If a model, this is not especially at the level of global gesture that exists. The importance of the speed of the ball on the success and its automation is to discuss. Automation says a least involvement of the consciousness of the gesture also during the actual action. Then, if the trainer asks and clutter players of these useless advices, results can be bad. Positions of the body, holding of the ball and alignment toward the target is acquired, the only and true order that counts to give what the ball is necessary of speed by

the wrist rightly, the remainder on the technical plan becomes secondary.

Units of promotion:

The Basketball, like all sports, is above all a school of life, permitting the respect of rules, the referee and the adversary. Every young can find through this discipline his pleasure to evolve to different level, either in structures of clubs with involvement to competitions, either in districts for the unique pleasure to play between friends on the outside lands. It is possible to exercise the Basketball during all year round. The practice of leisure is in the outside lands allowing some to be for the pleasure to play. For the practice of competition, it is the departmental committee of Basketball to manage and to organize the different departmental championships. To be able to participate in competitions, the player must be dismissed by a club of Basketball.

Specific rules to centers of promotion:

The Basketball at centers of promotion is a shape adapted of the adult sport for children of less than twelve years. Measurements of the land are generally the same, the line worth free-throw; it has been drawn to 4,80m instead of 5,80m. Baskets were also authorized as the height imposed to the other categories or teams of 3,05m. The ball is smaller. Its circumference is between 68 and 73cm and its active weight is from 450 to 500g. As for the zone of shooting to three points it has been suppressed. To part these some amenities, rules in all cases are similar. At most, we insist more on the mind of game. It is required with beginners to privilege in a first time the game of 3 against 3, or even 4 against 4 to develop inter-relations.

Centers of promotion in Tunisia:

This term presents itself like one or some clubs sponsored by the civil teams. The main objective of promotion centers is the involvement of these units to the physical activities, since the young age, help them shortly to the professionalism and orient the brilliant pupils toward disciplines that answer to their desires and their expertise; as to assure complementarity and the link between the civil teams and these cells in the teaching of basis.

Conditions of inscription:

The sporty pupils regrouping in primary schools, preparatory, secondary and high schools and their enrolments in the sporty classes and survey that assure the liberty to participate in the physical activities in conditions that help them to reach the excellence and the professionalism. Thus, the possibility of belongs or the continuity of belongs to the sporty and educational classes. It is indispensable to have a link with a center of formation with primary schools that possess some specific projects at the level of the physical training and the sporty activities

that have the same specialty, provided that it possesses a sporty space prepared by the public sporty centers and also close to a preparatory school that has classes of survey and sport. In the same way, the selection of pupils before their enrolments in the center must have directly for objective the formation and the orientation of brightness toward the civil sporty teams who frame this center or toward the sporty classes and survey in the preparatory school.

The general organization:

The sporty pupil distribution in classes to the different educational levels. The priority in the synchronization of these classes to assure the calendar of time that allows pupils to free themselves in the same days and also in the same timetables toward all preparatory school classes, secondary and the high schools that are in the same city or region. Finally, the collective and ideal liberation that every school must apply is the manner follow: to 14h during all week for the preparatory schools and to 16h during all week for the secondary and high schools.

The sporty framing:

Pupils written down in classes sportsmen follow their sporty activities in all following sporty structures: in the civil teams, according to categories of age, in centers of formation of the young and in teams and the regional centers, according to the official instructions imposed by the technical administrations taken in consideration.

General rules:

The enrolment of pupils in the sporty classes at the level some educational organizations are according to the following regimentations: the Regional Direction of Youth, the Sport and the physical training after the organization with the targeted sporty teams, send lists of pupils to the federation of the Basketball. As for the Regional Direction of the Education, it gives the final lists of pupils that have the authorized conditions to the educational organizations to write down them in the sporty and educational classes. All pupils written down at the level in the sporty and educational classes of the preparatory schools and the secondary and high schools follow their sittings of physical training inevitably by means of two hours per week.

Rules of promotion units:

Sporty season 2006/2007:

The rules of the competition for boys and for girls concern the third level that is the 6th year of the basis teaching. The competition makes itself in two important periods. The first under shape of game reduces in 3 against 3. Every unit must align a team of 12 players inevitably to the minimum. The competition will oppose in its period 3 groups composed by 4 players and the order of game will

make it self according to numbers of players indicated on the leaf of the match. Numbers 4, 5, 6 and 7 form the first group will play the first. Numbers 8, 9, 10 and 11 form the second group will play the second sequence and numbers 12, 13, 14 and 15 form the third group will play the third sequence. Every group plays four minutes by half-time. A common time-out is obligatory after two minutes of game. During this time-out, a change is obligatory if the teacher didn't proceed before a change. At the end, every period of 4mn, two free-throws are shot inevitably by every player and will be taken in account in the score of the match. A rest of 5mn is observed at the end of the first half-time, that means after the passage of the 3 groups; either a total of 12mn efficient of game. The second half-time will be organized under shape of game of 5 against 5 which the first sequence of 4mn of game with the involvement of 6 players; a change is obligatory. The 2nd sequence of 4mn of game with the involvement of 6 other players; a change is obligatory. Finally, a 3rd sequence of 4mn of game with the free choice of players and changes.

Sporty season 2007/2008:

The rules of competition for boys and for girls and for the level of 5th and 6th that is born in 1996 and 1997 made in two important periods, organized under shape of game 5 against 5. For the first, every unit must align a team of 12 players inevitably to the minimum. The competition will oppose in its first half-time two groups formed by 6 players of which 5 retractables and a substitute. Every group plays 5mn by half-time. A time-out by period and by team. An obligatory change during the first and the 2nd period of the first half-time. At the end of every period, 2 free-throws will be shot inevitably by every player and will be taken in account in the score of the match; not of bonus after two marked free-throws. A rest of 5mn is observed at the end of the first half-time. As for the 2nd half-time, it is composed by 2 periods of 5mn, free choice of players and changes, a time-out by period and by team, 2mn of rest between the 1st and the 2nd period of game of the 2nd half-time.

Sporty season 2008/2009:

The competition will make itself in 2 important periods under shape of game reduces 4 against 4. For the first period, every unit must align a team of 12 players inevitably to the minimum and the competition will oppose in its first period 3 groups formed by 4 players and the order of game will make itself according to numbers of players indicated on the leaf of the match. Numbers 4, 5, 6 and 7 form the first group will play the first; numbers 8, 9, 10 and 11 form the 2nd group will play the 2nd sequence and numbers 12, 13, 14 and 15 form the 3rd group will

play the 3rd sequence. Every group plays 4mn by half-time; a time-out is granted by period of game. At the end of every period of 4mn, two free-throws are shot inevitably by every player and will be taken in account in the score of the match. A rest of 5mn is observed at the end of the first period, after the passage of the 3 groups.

We notice that the player doesn't have the right to participate more than a period in first half-time and that it is impossible to replace a player who accumulated 4 personal mistakes during the first half-time. When a player is wounded and he cannot continue to play, the final decision given by the referee for the possibility to replace him. For the 2nd half-time, it is composed by 2 periods of 4mn, the involvement is free of players, a time-out by period of game to every team, 2mn of rest between the first and the 2nd period of the 2nd half-time.

The technical result of the match:

The match is ended up inevitably the victory of one of the 2 teams with its technical result. In case of equality, at the end of the official time of the match, one or periods of overtime of 3mn each. We also note that for shooting 3 points, the application of the 24 seconds, the ball of Basketball is MOLTON size 5 and the application of the specific regulation of promotion units signed by the Tunisian Federation of Basketball for accounts of points.

Table (1): Scale of classification.

	12 players	Between 10 and 11 players	Less than 10 players
Victory	3	3	0
Loss	2	1	0
Walkover	0	0	0

Experimental part:

Sample:

Our sample is composed of teams of Basketball belonging to the league of the South which their central center is in Sfax, 4 teams of masculine sex who are SRSS, BCMS, JSKS, TACAPESS and 3 teams of feminine sex that are BBCKHS, CSS, ASFS.

Variables:

Our experimental part has two variables. The dependent variable is the score of the match and the independent variable is the free-throw.

Progress:

This competition takes place according to a calendar proposed by the Regional Direction of Youth, the Sport and physical training of Sfax and signed by the National Technical Direction. According to this calendar, days of these matches will be distributed during all the sporty season; this last is composed of 4 days for the qualification of

teams and one day for the final at boys; 3 days for the qualification, one day for the half-final and another for the final at girls. These matches take place in pitches of Basketball that are in the different regions.

Statistics of free-throws of the different clubs:

BCM/TACAPESS match (Boys); Date: 11/01/2009.

A team: BCM

Analysis: The rate of success of the drawn free-throws is 29,16%, while the one of the failure is 70,83%.

Interpretation: Points marked with the drawn free-throws after every period of the first half-time represent 77,77% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points.

B team: TACAPESS

Analysis: The rate of success of the drawn free-throws is 20,83%, while the one of the failure is 79,16%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 20% of the total points of the match.

Conclusion: The rate of the free-throws marked doesn't intervene in an important manner in the heap of points. Although the A team has a rate of success of the free-throws better than the B team, it lost the match. We note that the free-throws shot after every period of the first half-time don't have a big influence on the final result of the match.

SRS/JSK match (Boys); Date: 11/01/2009.

A team: SRS

Analysis: The rate of free-throws success shot is 25%, while the one of failure is 75%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 75% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points.

B team: JSK

Analysis: The rate of success of the drawn free-throws is 29,16%, while the one of the failure is 70,83%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 24,13% of the total points of the match.

Conclusion: The rate of the free-throws marked doesn't intervene in an important manner in the heap of points. The two teams nearly possess a rate of free-throws success the same, but the B team wins the match with a big gap in the final score of the match. We note that the free-throws shot after every period of the first half-time don't influence on the final result of the match.

Match: JSK/BCM (Boys); Date: 11/01/2009.

A team: JSK

Analysis: The rate of success of the drawn free-throws is 29,16%, while the one of the failure is 70,83%.

Interpretation: Points marked with the drawn free-throws after every period of the first half-time represent 12,96% of the total points of the match.

B team: BCM

Analysis: The rate of success of the drawn free-throws is 29,16%, while the one of the failure is 70,83%.

Interpretation: Points marked with the drawn free-throws after every period of the first half-time represent 46,66% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points. The two teams possess the same rate of free-throws success, but the A team wins the match with a big gap in the final score of the match. We note that the free-throws shot after every period of the first half-time don't influence on the final result of the match.

SRS/TACAPES match (Boys); Date: 11/01/2009.

A team: SRS

Analysis: The rate of free-throws success shot is 20,83%, while the one of failure is 79,16%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 45,45% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes without a great importance in the heap of points.

B team: TACAPES

Analysis: The rate of success of the drawn free-throws is 37,5%, while the one of the failure is 62,5%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 23,07% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes without a great importance in the heap of points. The B team has a rate of success of the drawn free-throws, after every period of the first more important half-time that the one of the A team. These free-throws intervened without a great importance in the final score of the match.

CSS/BBCKH match (Girls); Date: 15/02/2009.

A team: CSS

Analysis: The rate of free-throws success shot is 29,16%, while the one of failure is 70,83%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 46,66% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points.

B team: BBCKH

Analysis: The rate of success of the drawn free-throws is 16,66%, while the one of the failure is 83,33%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 13,79% of the total points of the match.

Conclusion: The rate of the free-throws marked doesn't intervene in a meaningful manner in the heap of points. The A team has a rate of success of the drawn free-throws, after every period of the first more important half-time that the one of the B team. These free-throws intervened without a great importance in the final score of the match.

ASFS/BBCKH match (Girls); Date: 15/02/2009.

A team: ASFS

Analysis: The rate of free-throws success shot is 12,5%, while the one of failure is 87,5%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 100% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points.

B team: BBCKH

Analysis: The rate of success of the drawn free-throws is 29,16%, while the one of the failure is 70,83%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 30,34% of the total points of the match.

The B team has a rate of success of the drawn free-throws, after every period of the first more important half-time that the one of the A team. These free-throws intervened in an important manner in the final score of the match.

ASFS/CSS match (Girls); Date: 15/02/2009.

A team: ASFS

Analysis: The rate of free-throws success shot is 8,33%, while the one of failure is 91,66%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 33,33% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes without a great importance in the heap of points.

B team: CSS

Analysis: The rate of success of the drawn free-throws is 25%, while the one of the failure is 75%.

Interpretation: Points marked with the free-throws after every period of the first half-time represent 37,5% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in a meaningful manner in the heap of points. The B team has a rate of success of the drawn free-throws, after every period of the first more

important half-time that the one of the A team. These free-throws intervened without a great importance in the final score of the match.

BCM/SRS match (Boys); Date: 08/03/2009.

A team: BCM

Analysis: The rate of success of the drawn free-throws is 29,16%, while the one of the failure is 70,83%.

Interpretation: Points marked with the drawn free-throws after every period of the first half-time represent 43,75% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes without a great importance in the heap of points.

B team: SRS

Analysis: The rate of success of the drawn free-throws is 12,5%, while the one of the failure is 87,5%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 16,66% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes without a great importance in the heap of points. The A team has a rate of success of the free-throws better than the B team. We note that the free-throws shot after every period of the first half-time don't have a big influence on the final result of the match.

TACAPES/SRS match (Boys); Date: 08/03/2009.

A team: TACAPES

Analysis: The rate of success of the drawn free-throws is 33,33%, while the one of the failure is 66,66%.

Interpretation: Points marked with the drawn free-throws after every period of the first half-time represent 30,76% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes without a great importance in the heap of points.

B team: SRS

Analysis: The rate of success of the drawn free-throws is 29,16%, while the one of the failure is 70,83%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 36,84% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points. The A team has a rate of success of the free-throws better than the B team. We note that the free-throws shot after every period of the first half-time increased the score of the match, but don't have an influence on team's victory.

BCM/TACAPES match (Boys); Date: 08/03/2009.

A team: BCM

Analysis: The rate of success of the drawn free-throws is 25%, while the one of the failure is 75%.

Interpretation: Points marked with the drawn free-throws after every period of the first half-time represent 60% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points.

B team: TACAPES

Analysis: The rate of success of the drawn free-throws is 29,16%, while the one of the failure is 70,83%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 35% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points. The B team has a rate of success of the free-throws better than the A team. We note that the free-throws shot after every period of the first half-time don't have a big influence on the final result of the match.

BCM/SRS match (Boys); Date: 15/02/2009.

A team: BCM

Analysis: The rate of success of the drawn free-throws is 25%, while the one of the failure is 75%.

Interpretation: Points marked with the drawn free-throws after every period of the first half-time represent 54,54% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points.

B team: SRS

Analysis: The rate of success of the drawn free-throws is 20,83%, while the one of the failure is 87,5%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 25% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes without a great importance in the heap of points. The A team has a rate of success of the free-throws; on the other hand less effective than the B team; the B team wins the match. We note that the free-throws shot after every period of the first half-time don't have an influence on the final result of the match.

SRS/JSK match (Boys); Date: 15/02/2009.

A team: SRS

Analysis: The rate of free-throws success shot is 33,33%, while the one of failure is 66,66%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 57,14% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points.

B team: JSK

Analysis: The rate of success of the drawn free-throws is 33,33%, while the one of the failure is 66,66%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 26,66% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes without a great importance in the heap of points. The two teams have the same rate of success of the free-throws, drawn after every period of the first half-time. These free-throws don't intervene in the final score of the match.

Match: JSK/TACAPES (Boys); Date: 15/02/2009.

A team: JSK

Analysis: The rate of success of the drawn free-throws is 50%, while the one of the failure is 50%.

Interpretation: Points marked with the drawn free-throws after every period of the first half-time represent 24,48% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes without a great importance in the heap of points.

B team: TACAPES

Analysis: The rate of success of the drawn free-throws is 33,33%, while the one of the failure is 66,66%.

Interpretation: Points marked with the drawn free-throws after every period of the first half-time represent 66,66% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points. The A team has a rate of success of the drawn free-throws, after every period of the first half-time, without a great importance in relation to the one of the B. team; A team wins the match.

TACAPES/BCM match (Boys); Date: 15/02/2009.

A team: TACAPES

Analysis: The rate of success of the drawn free-throws is 29,16%, while the one of the failure is 70,83%.

Interpretation: Points marked with the drawn free-throws after every period of the first half-time represent 63,63% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points.

B team: BCM

Analysis: The rate of success of the drawn free-throws is 25%, while the one of the failure is 75%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 22,22% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes without a great importance in the heap of points. The A team has a rate of success of the free-throws; on the other hand less effective than the B team; the B team wins the match.

CSS/BCKH match (Girls); Date: 11/01/2009.

A team: CSS

Analysis: The rate of free-throws success shot is 29,16%, while the one of failure is 70,83%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 26,92% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes without a great importance in the heap of points.

B team: CSS

Analysis: The rate of success of the drawn free-throws is 12,5%, while the one of the failure is 87,5%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 60% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in a meaningful enough manner in the heap of points. The A team has a rate of success of the drawn free-throws, after every period of the first half-time limited importance that the one of the B team. It wins the match.

CSS/ASFS match (Girls); Date: 11/01/2009.

A team: CSS

Analysis: The rate of free-throws success shot is 20,83%, while the one of failure is 79,16%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 41,66% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points.

B team: ASFS

Analysis: The rate of success of the drawn free-throws is 12,5%, while the one of the failure is 87,5%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 42,85% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in a meaningful enough manner in the heap of points. The A team has a rate of success of the drawn free-throws, after every period of the first half-time without a great importance. B team wins the match.

ASFS/BCKH match (Girls); Date: 11/01/2009.

A team: BCKH

Analysis: The rate of free-throws success shot is 4,16%, while the one of failure is 95,83%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 6,66% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in an important manner in the heap of points.

B team: ASFS

Analysis: The rate of success of the drawn free-throws is 4,16%, while the one of the failure is 95,83%.

Interpretation: Points marked with the free-throws shot after every period of the first half-time represent 100% of the total points of the match.

Conclusion: The rate of the free-throws marked intervenes in a very meaningful manner in the heap of points. The two teams have a rate of too weak free-throws success, therefore the free-throws shot at the end of every period of the first half-time doesn't influence on the final result of the match.

Table (2): Summary table of percentages of success of the free-throws, drawn at the end of every period of the first half-time, during all matches.

	1 st match	2 nd m.	3 rd m.	4 th m.	5 th m.	6 th m.	Σ des %
BCM	29,16	29,16	29,16	25	25	25	27,08
TACAPES	20,83	37,5	33,33	29,16	29,16	33,33	30,55
SRS	25	20,83	12,5	29,16	20,83	33,33	23,61
JSK	29,16	29,16			50	33,33	35,41
CSS	29,16	25	12,5	20,83			21,87
ASFS	12,5	8,33	12,5	4,16			9,37
BBCKH	16,66	29,16	29,16	4,16			19,78

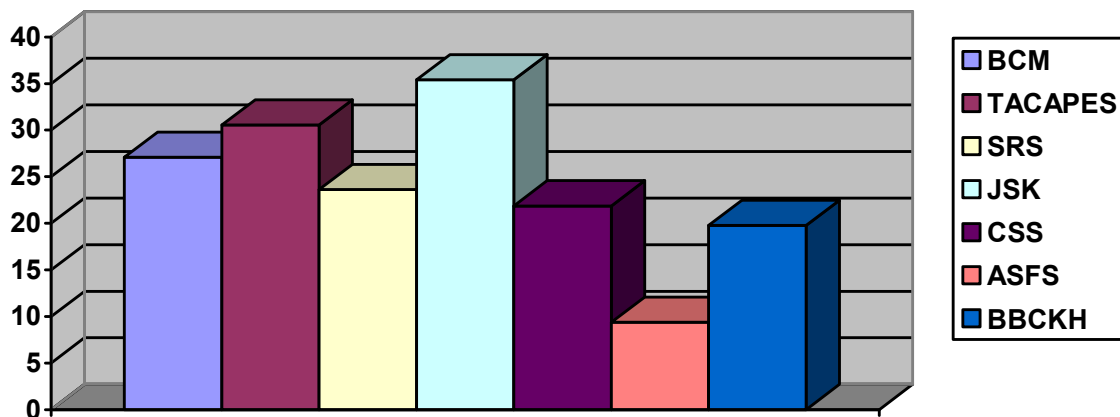


Fig (1): Summary graphic of percentages of success of the free-throws, drawn at the end of every period of the first half-time, during all matches.

4. Discussion of results and synthesis:

According to this second table, we notice that the rate of success of the free-throws is weak. But there is a difference between percentages of teams. At boys, the rate of success of the JSK team is for example, 35,41% and the SRS team is 23,61%; at girls, the rate of the CSS team is 21,87% and the ASFS team is 9,37%. Therefore, even though this rate is weak for all teams, we find that there is a difference between a team and another. From these weak rates, we can conclude that the free-throws are disregarded in workouts at units of promotion. According to results of matches, the free-throws shot at the end of every period of the first half-time, don't have an influence on the final result of matches.

These free-throws, even though their rates are weak, they increased the score of the match. There are teams which won the match, following the success of these free-throws. On the other hand, most the other teams didn't succeed their free-throws, although they won the match. There are teams which will have been able to win the match if these free-throws were succeeded.

Conclusion and propositions:

Starting with rates of these free-throws that appear too weak in relation to the one that is programmed by the Federation. Also, the advantage given by the interior regulation toward these units of promotion and that presents itself as after two successful free-throws, the player is benefited of

another free-throw as a grant. After every period of the first half-time, every player participating in this period will shoot two free-throws. We find in the center of these units a problem intervening in a very important manner in this failure. They are numerous, but, we can mention some examples, as conditions of practice. Most teams train in the unfavourable conditions. The pitch is not authorized, lack of balls, lack of facilities, lack of encouragements and motivations. We can put the accent on days and hours of practices; in addition, they are not numerous and they are programmed in the belated hours. For the contents, practice workouts are not generally, sufficient to assure the formation of these units. We can conclude that trainers cannot manage the time of a sitting and thereafter, the trainer is obliged to concentrate on the fundamental, as the pass and the dribble, and doesn't find the time to work the free-throws. For the physical condition and in this age, most children find difficulties during the execution of the free-throws. It is surely due to the insufficiency, of suppleness and coordination. Finally, and for the psychological conditions, players to this age, when they are alone before the basket that is to a height of 3,05m and a change of environment that put the child in a disagreeable situation, what is going to look for the sensation of fear and the lack of confidence in itself. We noticed several constraints and difficulties that present themselves as obstacles for players of promotion units. Players are not able to follow the rhythm of matches that is proposed during their education. Therefore, we propose the progress of these matches in vacations. In addition, the number of matches for every team in the same day is tiring enough for these players; therefore, this one is going to decrease the output and the concentration of players inevitably. We propose the reduction of the number of a team's matches for the same day. We also note that the regulation imposed by the National

Technical Direction doesn't respect the rule of the bonus after two successful free-throws, after every period of the first half-time, what decreases the motivation and the encouragement of these pupils. We propose the application of this rule at the time of the execution of the free-throws, shot at the end of every period of the first half-time.

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11/12/2013