

A Study on the Injuries of Basketball Players

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Abstract: *Basketball is a so-called transition game, as players are frequently switching between defensive and offensive play Motion-analysis has shown that depending on playing-time and playing position basketball players cover a distance of up to 6.5 km per game. The match level of play includes running forwards, backward and sideward, planting, cutting, feints, jumps, landings, turns usually in combination with moderate or intense body contact due to repeated one on- one situation. Players need a proper athletic condition with regard to strength, agility, acceleration, deceleration, jumping and throwing power. The author has Made an attempt to know the severity and the causes of the injures from the players who were regular in competition hence the study was undertaken.*

Keywords: Basketball Players

I. INTRODUCTION

Basketball is a so-called transition game, as players are frequently switching between defensive and offensive play Motion-analysis has shown that depending on playing-time and playing position basketball players cover a distance of up to 6.5 km per game. The match level of play includes running forwards, backward and sideward, planting, cutting, feints, jumps, landings, turns usually in combination with moderate or intense body contact due to repeated one on- one situation. Players need a proper athletic condition with regard to strength, agility, acceleration, deceleration, jumping and throwing power.

The author has Made an attempt to know the severity and the causes of the injures from the players who were regular in competition hence the study was undertaken.

1.1 Statement of the Problem

"Purpose of the Study was to find out the Common injuries of Basketball players"

1.2 Limitation of the Study

The following were the limitation of the study.

- The study was conducted through a survey method seeking response from the who were regularly playing basketball and also participating in competitions.
- Although the subject were asked to give the best of their opinions it is one of the limitation of the study.
- The recovery method of athletes were considered as limitation as it could vary and depending on player position and playing experience in years.

1.3 Delimitation of the Study

- The study was delimited to the Chitradurga district Basketball players.
- The study was delimited Basketball players only.
- The study was delimited to age group of 10-35 and it included both male and female.
- The was delimited to selected questionnaire.

1.4 Hypothesis of the Study

It was hypothesised that the study help to know the common injuries in basketball players and recovery process.

1.5 Objectives of the Study

- To know the circumstances and types of injuries accord in basketball during play
- To analyze the opinion of the basketball players and coaches regarding the injuries
- To study and analyze the role of stretching and warm up exercises in preventing injuries in basketball
- To analyze the preventive measures to the injuries

II. METHODOLOGY OF DATA COLLECTION

The study was conducted through a survey method seeking responses from the regularly playing basketball players and also for this participation computation the data was collected.

For this study simple random sampling were used and respondent groups had male and female basketball players and coaches of various clubs in chitradurga district were selected randomly. Questionnaires were administered to receive the responses from the target group.

Analysis of Data: the data is presented is the following table

Table 1.1: Showing the profile of the respondents Profile of the Respondents

Age	
10-15	10
15-20	10
20-25	10
26-30	10
31-35	10
Total	50
Gender	
Male	25
Female	25
Total	50

Source : Primary Data

Above table clearly indicates that the Profile of the respondents i.e. the respondents age group and Gender.

Table 1.2: Showing the compliance between injuries and gender:

SI No	Injuries	Head	Head/Wrist	Knee	Ankle	Total
01	Male	02	09	11	03	25
02	Female	01	03	12	09	25
Total		03	12	23	12	50

Above table indicates that the injuries are associated with the gender. Because from the responses it is clear that some types of injuries are mostly found in male players whereas other types of injuries are more in female players.

After optioning the data author introduced warming up cooping drills to rehabilitated the injured players after the 12 week and the following training once again the questioners was distribution to know the impact and the warming up drills on the injures

III. SPECIFIC WARM UP AND DRILLS

The first set of drills utilizes space to receive passes:

- **Drill One:** Divide players into pairs (one act as worker and one as feeder) with one ball per pair. The feeder throws a chest pass to the worker moves forward to catch it. Perform continuously for 60 seconds and then swap roles. Repeat the drill again.
- **Drill Two:** This simple drill requires three players and two balls. Speed and accuracy are the focus here. The worker catches and returns a chest pass. Next, he returns a pass by hitting it back. Switch players after 60 seconds.

- **Drill Three:** You will need two balls and four players. This drill relies on the worker catching and returning a pass to the feeder opposite his initial spot. The worker next sprints to face the other feeder and then returns a pass back. Again, change roles after 60 seconds.

The second set of drills focuses on movement and reaction:

- **Drill One:** One ball and two players are needed. The feeder stands with his feet shoulder-length apart holding the ball straight in front of him at arm's length. The worker begins from a spot directly behind the feeder. Worker performs rapid side steps on each side to touch the ball. Players swap positions after 60 seconds. Repeat drill six times.
- **Drill Two:** For this drill, the coach should place two markers about ten feet apart. A worker should begin behind the markers and should be prepared to break suddenly in either direction. The feeder passes to either the first or second marker. The worker then sprints to intercept the pass. He must keep his eye on the ball at all times. Try for 30 seconds and then alternate roles. Do this eight times.

The third set of drills highlights movement as well as spacing:

- **Drill One:** Before starting, the coach should draw a line with marking tape that is clearly visible on the floor. The feeder should begin behind the line. The worker starts from a spot four meters away from the feeder. The worker sprints towards the feeder and receives a short pass. He then returns to his original position. After 60 seconds, the players should switch and repeat the drill six times.
- **Drill Two:** For this set, you need two feeders and one worker. The worker sprints up the taped line towards one feeder and catches a pass, returns it, and sprints to receive a pass from the second feeder. Repeat for 60 seconds. The two feeders should stand four meters apart.

The final set of drills involves awareness:

- **Drill One:** Two feeders, one worker, two balls are needed. The two feeders should stand about three meters apart. The worker receives alternate passes from each feeder. Do this for 60 seconds and then switch up players.
- **Drill Two:** You need one feeder, one worker, and one ball. The feeder should stand about two meters from the worker. The feeder passes the ball to each side of the worker, aiming at a spot about a half a meter above and away from the worker's shoulder. The worker ball back to the feeder with each pass he receives. This drill relies on good balance and getting the hand behind the ball.
- **Drill Three:** This drill again requires two feeders, one worker, and two balls. The worker runs along the tape, in side step motions, towards the first feeder, catches the ball, pass it back, and then moves to receive a pass from the second feeder. Repeat in 30 second intervals. The feeders should stand two meters apart and should again feed their passes to the worker's outside shoulder.

Table 1.3: Once again after 12 week of training the questionnaire was re administrated and same as presented with following table

SI No	Injuries	Head	Hand/Wrist	Knee	Ankle
01	First set of Drills	05	8	09	07
02	Second set of Drills	07	9	08	08
03	Third Set of Drills	09	7	07	09
04	Final Set of Drills	09	6	06	10

Source : Primary Data

From the above table it is clear that, above set of drills have positive impact on preventing the various types of injuries of the players.

IV. SUGGESTIONS AND CONCLUSION

It was universally accepted that in the field of sports, injuries are common but it was always associated with the age, experience and gender. Further it is also suggested to have a set of drills as a warming up activity to avoid the injuries in basketball hence the above set of drills have been suggested. As identified and suggested above the basketball coaches must keep in mind while teaching the game and stretching exercises to the players at the same time the players should also follow the above discussed set of warm up drills which will help them to prevent injuries in team Basketball.

REFERENCES

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