

TRAINING DEVICES IN BASKETBALL

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Keywords: auxiliary equipment, basketball, invention, sports equipment, classification.

Abstract: Most of the technologies and equipment are basic today - help us to run a little faster or hit the ball a little further. Sports world is changing over time and use of technology is just one of those goals that have a significant impact on many sports today. Inventions in sports led to modern games played by people today, including basketball, these inventions have not only created the rules, but also dictated the form and materials, high technology equipment in sports and increased safety of these sports events.

Introduction: Athletes have tried to obtain an advantage over his opponents from the third century BC, when they passed the tests running barefoot in sandals. The introduction of auxiliary equipment in the preparation has deep roots, ancient wrestlers from the East using pulleys, wooden mobile models, the knights used mobile targets remotely operated from distance using ropes, gravity or animal traction, ballista, catapults, shield, helmet, armor, shirt links are just some of the supporting equipment used in the past and have heard most of us.

For a better representation of auxiliary devices, specifically the effectiveness of their application in the preparation of the athletes and beyond, we must look in the past at the appearance of sports and sports materials, many of them lost in the mist of history and reinvented much later.

Frederick Ludwig is German old school representative who invented gymnastics equipment (fixed bar and parallels) founded the basics in apparatus gymnastics today, and the one who founded the system of "Swedish gymnastics" was Per Henrick Ling, innovations that occurred amid military needs, therapeutic games, agonistic and physical. Also as required, this time coming in line teaching were the inventions of

J. Naismith and W. Morgan, the parents of basketball games, nowadays those games have millions of practitioners from all continents.

Supporting devices are designed to increase the quality of training, learning and building elements, techniques and tactics in all sports events and implicitly in the game of basketball.

Regardless of the preparation of the team are working with, apparatus and supporting facilities needed because basketball is a sport that requires a harmonious combination of motile skills with a good development of the specific physical qualities and with the research work of the diverse phenomena. The big number of the elements and procedures such as: speed, coordination and difficulty of their execution have felt the need for auxiliary devices and methods which facilitate its usage through intermediate steps on the way to achieve perfection and art in sport.

Material-method:

We started this research on the assumption, that if we know the technical creations of the sport we can make a classification of appliances and devices, their description and usage, thus increasing interest operating principles of physical education teachers, basketball players and coaches on the use of appliances and devices in the teaching processes and their implementation effectiveness.

As a result of this research was intended to extract and identification of global licenses and patents based on origin and countries where these inventions were registered and the evolution of technology equipment and devices over time.

During the 120 years since the occurrence, basketball has evolved in such a way that has undergone a complete metamorphosis and almost every aspect of the original game was changed.

Today the basketball game plays in higher speed using techniques and tactics as spectacular to impress the public, professional players spend hours to set the high standards of any aspect of the game.

Basketball has become so popular that the players are paid extremely high, and they have become role models in life for young practitioners and their images are often used for advertising or to promote certain products or consumer goods market.

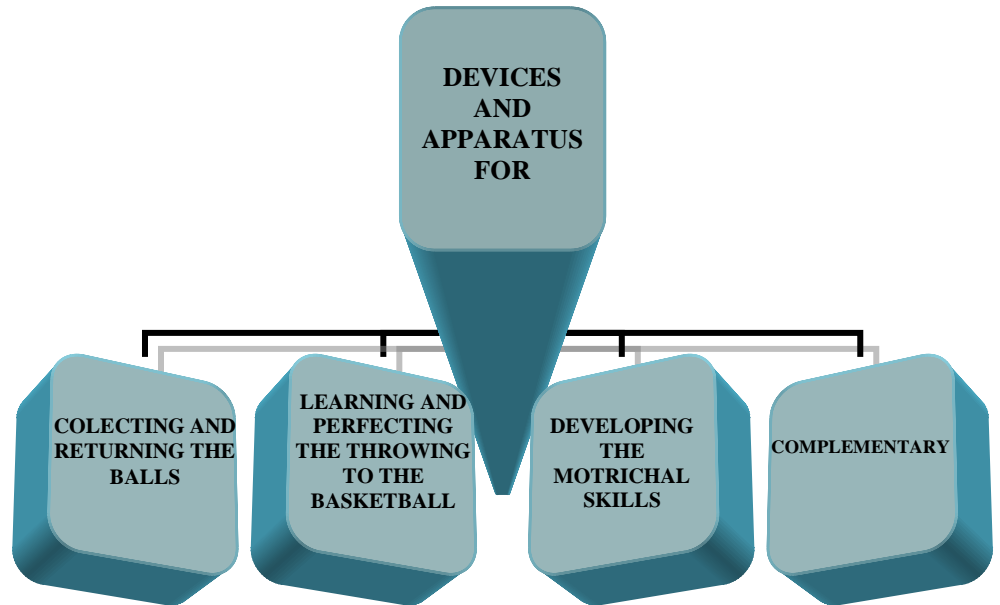


Fig. 1. Devices classification in basketball game

There are many researchers and studies in basketball trying to develop the sport in all its plans in terms of tactics, the game of basketball technique, physical preparation of practitioners of the sport and their safety in addition to rules and regulations now. These inventions, tools and equipment have shown that all changes and modifications over time are indicators of importance in the evolution of the basketball game, and this development aimed at increasing safety and performance of athletes.

Apparatus and devices for collection and return of basketball balls

These machines and devices have the goal to improve and increase the efficiency of training for all types of the ball throws to basket.

Can be used successfully, especially when training is conducted individual no longer need others to return the ball shooter or move it after each shot of repossessing the ball. This will help to fructify time and lost energy to recover lost balls, performing successive ball throws and focusing more on the techniques of the ball throw to the basket.



Fig. 2. Apparatus and devices for collection and return of basketball balls

Apparatus and devices for learning the ball throwing techniques to basket:

Learn how to throw the ball to basket from 2 points line or 3 points line, under the basket in the presence of opponent, throwing with the panel, slam-dunk, they include a series of steps and elements that a basketball player should learn them for successful shoot to basket. Teaching and learning that respective throwing technology to basket, the player must consider the following: the position of the legs, trunk, arms, hands position on the ball, hands contact on the ball, the biomechanical chain made when throwing the ball, the trajectory of the ball thrown to basket, spatial and temporal orientation, global elements form the throwing technique to basket. These devices and appliances are designed to facilitate learning, mastering the technology and the consolidation process by providing a positive feedback and as a result of their use in training basketball players under the guidance of professional coaches or teachers.

Teaching and learning that respective throwing technology to basket, the player must consider the following: the position of the legs, trunk, arms, hands position on the ball, hands contact on the ball, the biomechanical chain made when throwing the ball, the trajectory of the ball thrown to basket, spatial and temporal orientation, global elements form the throwing technique to basket. These devices and appliances are designed to facilitate learning, mastering the technology and the consolidation process by providing a positive feedback and as a result of their use in training basketball players under the guidance of professional coaches or teachers.





Fig. 3. Apparatus and devices for learning the ball throwing techniques

Devices for developing the driving qualities:

Improving driving qualities is one of the main objectives of the training process of step with the formation of school youth skills and motor skills.



Fig. 4 Jumpssoles Device



Fig. 5 Heavy ball

In the process of educational motor skills development must occupy a priority because:

- the quality of driving condition and largely determine the formation and especially strengthening motor skills, motor skills development favors growth;
- exercise capacity of the body;
- motor skills development conditions can be achieved in simple materials;
- motor skills development can be done in the frame.

Complementary devices

In addition to equipment and devices invented to help the basketball players and teachers specific training or specialized training in them, with the objective of raising the quality of training and facilitation work skills development for sports, all equally have their place in the evolution of the sport and devices, facilities, systems and mechanisms that aim to address or remedy issues or technical problems, scientific and playful.

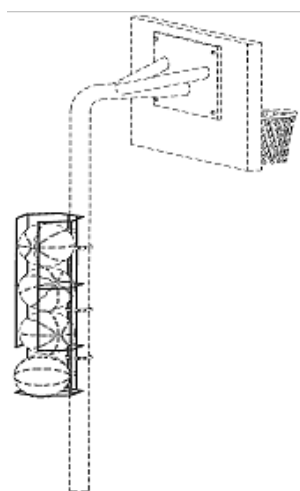


Fig. 6 Holding balls device

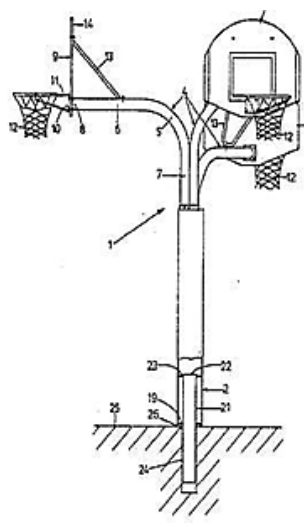


Fig. 7 Basketball instalation

Conclusions:

After analyzing the literature and world base patent for carrying out this research of the technical characteristics of the inventions, how to use their application, shows that the biggest share is held by apparatus and devices designed for learning and mastering the throwing technique to basket, because the throwing technique to basket represents the technical element through which the scope of the game accomplish namely marking points. The throwing of the ball to basket is one of the most important technical elements and attractive, requiring precision as much as possible, learning proper movement and increase of the individual responsibility. Another objective of this invention in addition to mastering facilitation techniques is to consolidate and maintain precision and accuracy in throwing.

Another aspect I found after a specialized analysis is that the appliances and aids in the process of training, learning and consolidation are very summary approached by specialists in basketball.

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Titlu: Aparate ajutătoare în baschet.

Cuvinte cheie: Aparate ajutătoare, baschet, invenție, echipament sportiv, clasificare.

Rezumat: Cea mai mare parte a tehnologiilor și echipamentelor din ziua de astăzi sunt elementare – ne ajută să alergăm un pic mai repede sau să lovim mingea un pic mai departe. Lumea sportului este în continuă schimbare, de-a lungul timpului și utilizarea tehnologiei este doar unul din acele deziderate care are un impact important asupra multor sporturi din zilele noastre. Invențiile în sport au condus la jocurile moderne jucate de oamenii din ziua de astăzi, inclusiv baschetul, aceste invenții nu numai că au creat regulile jocului, dar, de asemenea, au dictat forma și materialele, echipamentele moderne din sport și a crescut siguranța acestor manifestări sportive.