



Effectiveness of offensive and defensive follow-up for basketball beginners in Lebanon.

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Abstract

This study aims to learn about the actual performance level in terms of repetition and effectiveness of offensive and defensive follow-up in matches for young basketball players in Lebanon.

The two researchers conducted the study based on the descriptive method by the survey method.

The study sample used included (18) matches from the Lebanese Junior League matches.

This research yielded to many results which can be sum up as follows:

1. The average frequency of defensive follow-up during the fourth period is the highest iteration of the first period.

2. The average effectiveness rate for defensive and offensive follow-up increases gradually during the game.

3. The average repetitive offensive follow-up during match periods increases in the first and second period, and the average recurrence decrease in the third and fourth period.

4. The average frequency and effectiveness of defensive follow-up during matches exceeded the average and frequency of offensive follow-up.

Keywords : (Follow-up; defensive; offensive)

Introduction and importance of the study:

Basketball has evolved considerably and rapidly when compared to other team games, as it is distinguished from them by fast paced and continuous maneuvers throughout the two sets between attack and defense. (Tariq Abdel Raouf 1993: 3)

Mastering the skills and applying them correctly is important because it will undoubtedly lead to the best to win the game in addition to ensuring the main and key points that help the success of this skill in terms of taking the right place during the game and jumping high to gain the ball, attention, and speed of reaction among the players and fitness. (Thamer Hammad 2009: 347)

As possessing all of the offensive and defensive basketball skills is one of the basics of winning the game, defensive follow-up is one of the basketball skills that requires the team to collectively and physically participate in the acquisition of rebounds from the target area and return them again, which reduces the possibilities of scoring; therefore, the defending team members are able to perform a quick attack and score points as they increase the chances of success. While the offensive follow-up takes place after the player fails to insert the ball into his opponent's basket, he or one of his team players will take possession of the ball again directly to try to shoot again, and the skill performance increases its effectiveness if it includes the special physical fitness that this performance needs. (Assaad Al-Kiki 1998: 20)

Kathy McGee (2007) notes that it is not important for the player to be educated and trained in basketball skills but more importantly for the player to know how and when to use these skills during matches, and this will only happen through training in situations like the match. (Kathy McGee 2007: 5)

The follow-up of both types is considered one of the most important special situations upon which attack, and defense can be built, as the basketball game is one of the games where a part of the second can influence the result of the match.

The defense also means the situation that the team players have when they lose the ball, whether after the end of the attack or when the players of the opposing team can take possession of the ball or lose it from one of the team players or leave it outside the field. (Mufti Ibrahim 2013: 21)

As the basketball team is considered in a state of defense, just losing the ball and the other team's possession of it, in which case the members of this defending team try to prevent the attacking team from invading the basketball. (Amin Fawzy 2006: 308)

The goal of the defense is to attempt to take possession of the ball or prevent the player from achieving a goal within the limits of the law. (Jalal Kamal 2002: 300)

And if all the team members have mastered the possession of the rebound balls from the goal they are defending, then they miss the opportunity of the attacking team to follow the ball again after scoring, and then this attacking team can only aim the ball at the target once in each attack attempt, and this little scoring opportunity makes every attacker hesitate before scoring, and this frequency naturally reduces the percentage of successful shooting. (Thamer Hammad 2009: 125-126) (Mahmoud Hussein et al. 2017: 147 - 148) Also, the team that imposes its control on following the balls from the basket is the winning team, as good follow-ups not only limit the scoring number that the opponent team performs during the match, but also increases the number of scoring attempts performed by your team, and offensive and defensive follow-ups lead to raising team scoring percentage. (Silwan Jassim 2014: 85, 86)

So, follow-up is one of the basics of winning basketball games, it gives defending players a good opportunity to take possession of the ball and start a new attack and gives the attackers another opportunity to score in the competitors' basket, and hence new opportunities to find the free throw line when some personal errors occur while competing for the rebound. (Silwan Salih et al. 2016: 85)

Where the importance of the analysis of the kinetic of the performances in terms of employing the information obtained to improve it, but the analysis is not limited to evaluating the player's performance through the match, but rather assessing the performance of the competing player to find its gaps to develop countermeasures. (Sobhy Hassanein, Hamdy Abdel Moneim 1986: 24) (Merei Hussein 1991: 3)

Also, knowing the percentage of the players' performance is considered important and accurate information that can be considered when developing play plans. (El Gammal, Shamoun 1996: 194)

Hence the importance of analytical studies in basketball in general and offensive and defensive follow-up in particular, due to the diversity of changing positions in basketball, which makes the analysis of these positions a wealth of information provided to coaches in basketball.

Problem of the study:

Through the researchers' follow-up to the trainers' training, they found that they lacked the adequate time and quality of the training to follow up, and this was clearly demonstrated by the statistical tables of the West Asian Championship WABA held in August 2017 in Iran for under-17 youth, in which the Lebanese team played with the Jordanian, Syrian, Iraqi, and Iranian teams.

The researchers noted, through the official statistics tables for the matches, that the rate of offensive and defensive follow-up of the Lebanese team is higher than the teams that beat it and decreased with the Iran team that lost it. This confirms the importance of follow-up and its impact on the results of the match, and it shows the low level of follow-up of the Lebanese team, which indicates lack of interest by the coaches in follow up training and the use of different methods to improve it.

In addition, within the limits of the two researchers' knowledge, the scarcity of research and scientific studies that dealt with follow-up, both offensive and defensive, so the idea of the research was the existence of an exploratory study that clarifies the level of follow-up performance, whether offensive or defensive, providing researchers and trainers with information that is a pillar of scientific research helping trainers guide the training process.

Purpose of the study:

Learn about the actual performance level in terms of repetition and effectiveness of offensive and defensive

follow-up in matches for young basketball players in Lebanon.

Duties of the study:

1. Identify the level of actual performance of defensive follow-up repeatedly and the most effective.
2. Identify the level of actual performance of offensive follow-up repeatedly and the most effective

Study procedures:

Study methodology: The two researchers used the descriptive method by the survey method to suit the nature of the study.

Method of data collection: The researchers saw that the scientific observation through imaging and placing data in forms that are designed for this presentation and unloading the data in a way that helps it to be statistically processed is the appropriate method that is consistent with the methodology of the study.

Procedures for designing the follow-up observation form:

- The researchers determined the variables that included the observation form by following up on some of the Lebanese league matches for the juniors, and they were identified as follows:
 1. The player position to follow.
 2. The method of performing follow-up with or without reservation
 3. Type of offensive or defensive follow-up
 4. Effectiveness levels of offensive follow-up
 5. Effectiveness levels of defensive follow-up
- The researchers designed the observation form and determined the method of registration (Attachment 1)
- The researchers conducted scientific transactions to codify the observation form through the following.

1. Validate the form:

The researchers made sure of the validity of the form through three stages, namely:

The first phase: The researchers determined the variables that will be included in the form as mentioned previously.

The second phase: The researchers presented and discussed these variables with the experts specialized in basketball, and the discussion took place through a personal interview, thus achieving the researchers' validity of the content of the form (Attachment 2).

The third phase: The two researchers experimented with the questionnaire in a Lebanese league match for juniors, to confirm the experimental validity of the form.

2. The consistency of the form:

The researchers observed one match with up to 54 views and re-observed again. The following table shows this:

Table (1)

It shows the frequency, percentage, and Kai square of the observational form variables and effectiveness levels (by application and re-application method) to find the consistency of the form. N = 1

No	Statisticalsignificance		First application	Second application	Kai square
	Renderings				
			Frequency	Frequency	
1	Player position	Maker	1	2	0.33
2		Wing	27	25	0.08
3		Center	26	27	0.02
4	Follow up performance	With reservation	19	22	0.22
5		Without reservation	35	32	0.13
6	Follow up type	Defensive	32	31	0.02
7		Offensive	22	23	0.02
8	Defensive follow up effectiveness	Follow-up + flash attack	8	8	0.00
9		Follow-up + site attack	6	6	0.00
10		Follow up + pass to opponent	1	1	0.00
11		Follow up + swipe out	10	10	0.00
12		Follow up + ball theft	2	2	0.00
13		Follow up + absent a discount	4	4	0.00
14		Follow up + violation action	1	0	1.00
15	Offensive follow up effectiveness	Follow up + error and basket in	1	1	0.00
16		Follow up + basket in	7	7	0.00
17		Follow up twice and basket in	2	3	0.20
18		Follow-up and error	0	0	0.00
19		Follow up + new attack	8	8	0.00
20		Follow up twice without a score	1	1	0.00
21		Follow up without a score	2	2	0.00
22		Follow up + violation	1	1	0.00

* Relevant at the level of 0.05 where the value of the Kai tabular square at the level of 0.05 = 3.84

It is clear from Table No. (1) for the statistical significance of the frequency and percentage and any square for the observational variables and effectiveness levels to find the consistency of the form: the absence of statistically significant differences at the level of (0.05), in all the planning performance between the first application and the second application N where the value ranged (The square of Kai is calculated between (0.00 to 0.33) and these values are less than the tabular value of (Kai square) at the level of (0.05) = (3.84).

3. Objectivity of the form:

The researchers observed the same match separately, with 54 views, and the following table shows that:

Table (2)

It shows the frequency, percentage, and Kai square of the observational form variables and activity levels to find the objectivity of the form N = 1

No	Statisticalsignificance		First observer	Second observer	Kai square
	Performances				
			Frequency	Frequency	
1	Player position	Maker	2	1	0.33
2		Wing	25	25	0.00
3		Center	27	27	0.00
4	Follow up performance	With reservation	22	23	0.02
5		Without reservation	32	30	0.06
6	Follow up type	Defensive	31	30	0.00
7		Offensive	23	22	0.02
8	Defensive follow up effectiveness	Follow-up + flash attack	8	8	0.00
9		Follow-up + site attack	6	5	0.09
10		Follow up + pass to opponent	1	2	0.33
11		Follow up + swipe out	10	9	0.05
12		Follow up + ball theft	2	2	0.00
13		Follow up + absent a discount	4	3	0.14
14		Follow up + violation action	0	1	1.00
15	Offensive follow up effectiveness	Follow up + error and basket in	1	2	0.33
16		Follow up + basket in	7	6	0.08
17		Follow up twice and basket in	3	2	0.20
18		Follow-up and error	0	1	1.00
19		Follow up + new attack	8	8	0.00
20		Follow up twice without a score	1	1	0.00
21		Follow up without a score	2	1	0.33
22		Follow up + violation	1	1	0.00

* Relevant at the level of 0.05 where the value of the Kai tabular square at the level of 0.05 = 3.84

It is clear from Table No. (2) for the statistical significance of the frequency and percentage and any square for the variables of the observation form and the levels of effectiveness to find the objectivity of the form: the absence of statistically significant differences at the level of (0.05) in all the planning performance between the first and the second arbitrator, where the value ranged (The square of Kai is calculated between (0.00 to 1.00) and these values are less than the tabular value of (Kai square) at the level of (0.05) = (3.84).

Basic study:

The study sample:

The sample included (18) matches from the Lebanese Junior League matches.

Study area:

The Lebanese Junior League Championship for the season 2018/2019, and the researchers observed and analyzed the matches from 15/6/2019 to 15/8/2019.

Study procedures:

- The previously mentioned observation form was used for each individual match for each team.

- All the content of the follow-up position, whether offensive or defensive, was recorded by marking the boxes marked for the types of follow-ups, player position, performance style, and effectiveness levels.

The positions of defensive and offensive follow-up have been recorded sequentially to identify the events of each situation separately, which helps to find relationships between the variables each other.

Regular and slow display settings were used to precisely set offensive and defensive observation and characterization under its own variable.

- The researchers were keen to note only one match per day to avoid the boredom factor that affects the accuracy of the observation.
- After completing the observation for each match, the observations are collected on the same form and then emptied into emptying forms for statistical processing.

Statistical treatments:

The two researchers used to calculate the following efficacy of the following equation:

Total (repeat follow-up under each activity level X score corresponding to the activity Degree of effectiveness =

Total (repeat follow-up under each activity level X degree corresponding to the effectiveness
The total for repeated follow up

It has also been used: Percentage.

Results and discussion:

Table (3)

The degree and percentage of the defensive follow-up effectiveness of the research sample. N = 18

Statisticalsignificance Performances	First period		Second period		Third period		Fourth period		All games	
	Mean	±Standard deviation	Mean	±Standard deviation	Mean	±Standard deviation	Mean	±Standard deviation	Mean	±Standard deviation
Frequencies	7.72	2.19	6.39	2.83	7.28	1.6	7.78	1.35	7.29	2.11
Relative weights	35.78	10.22	30.61	13.82	35.17	7.25	38.06	5.57	34.9	9.91
Effectiveness degree	4.62	0.4	4.69	0.46	4.87	0.51	4.93	0.48	4.78	0.47
Effectiveness ratio %	66.06	5.71	66.98	6.59	69.52	7.35	70.45	6.93	68.25	6.78

Figure (1)

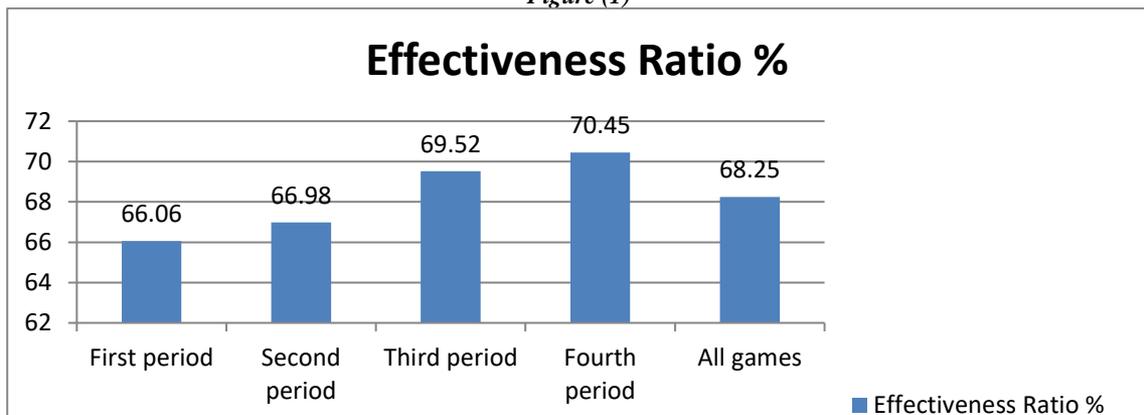


Table (4)
The degree and percentage of attacking efficacy of the research sample. N = 18

Statisticalsignificance Performances	First period		Second period		Third period		Fourth period		All games	
	Mean	±Standard deviation	Mean	±Standard deviation	Mean	±Standard deviation	Mean	±Standard deviation	Mean	±Standard deviation
Frequencies	5.33	1.94	5.78	2.24	4.56	0.98	4.78	0.94	5.11	1.67
Relative weights	24.39	10.97	27.5	12.46	23.33	5.1	25.28	3.79	25.13	8.83
Effectiveness degree	4.53	0.87	4.73	0.94	5.18	0.88	5.41	0.91	4.96	0.95
Effectiveness ratio %	56.56	10.85	59.18	11.78	64.75	10.94	67.64	11.37	62.03	11.86

Figure (1)

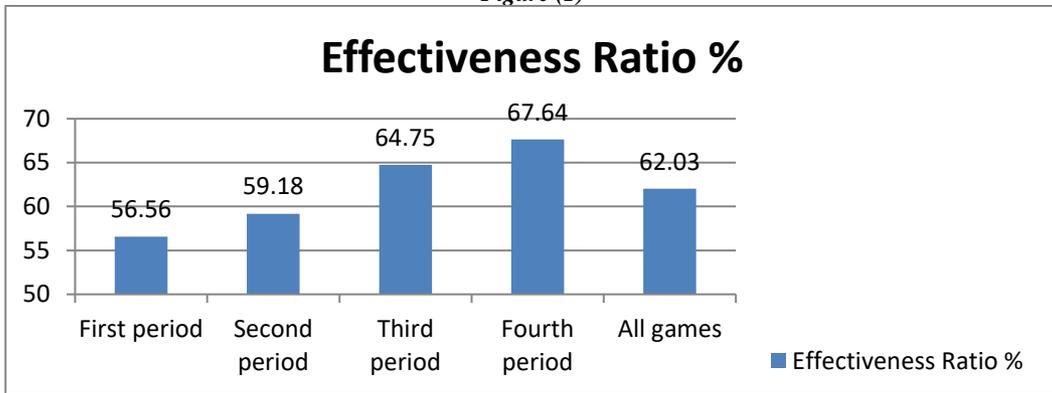


Table (3) shows the average defensive follow-up occurrences during the periods of the study sample matches, as well as the average attempts to follow in the match, as well as the degree and percentage of the effectiveness of the defensive follow-up during the match periods and the overall effectiveness rate of the defensive follow-up, the following is evident:

- The average frequency of defensive follow-up during the fourth period is the highest iterated with an average of (7.78) iterations, followed by the first period with an average of (7.72) iterations. It is also clear that the average frequency of defensive follow-up per game (7.29) iterations.
- The average effectiveness rate of defensive follow-up during the match periods increases gradually and ranges between (66.6% : 70.45%), as it becomes clear the overall effectiveness rate of defensive follow-up in matches was (68.25%)

Table (4) shows the average offensive follow-up occurrences during the periods of the study sample matches, as well as the average attempts to follow up in the match, as well as the degree and percentage of the effectiveness of the offensive follow-up during the match periods and the overall effectiveness rate of the offensive follow-up, the following is evident:

- The average frequency of offensive follow-up during match periods rises in the first and second period at a

rate ranging between (5.33: 5.78) iterations, as the average frequency of the third and fourth period decreased at a rate ranging between (4.56: 4.78) iteratively, as it becomes clear also that the average frequency of offensive follow-up in Single game (5.11) over and over.

- The average effectiveness rate for offensive follow-up during match periods increases gradually and ranges between (56.56% : 67.64%), and the overall effectiveness rate for offensive follow-up in matches was (62.03%).
- It is clear from Table (3) and (4) that the average frequency and effectiveness of defensive follow-up during matches exceeds the average and effectiveness of offensive follow-up.

The researchers attribute the decrease in follow-up repetitions at the end of the tome from them at the beginning to the lack of effort at the end of the game as a result of the effort and the decrease in the fitness component of the players, as well as the difference in the effectiveness of follow-up at the end of the match, and the researchers attribute this to the low level of correction performance of the competitor, which leads to increased efficacy of the game Whether offensive or defensive This is in agreement with Silwan Saleh and others 2016 that when extracting the percentage of defensive follow-up for the team by dividing its number by all failed attempts to score for the opposing

team, and this is the definition of the defensive follow-up ratio, it was found that this ratio ranges between 70: 75% for the defending team To be within the natural limit of the success of this skill.

Whenever the percentage decreases, it is an indication that the defending team is not in its normal and correct locations to collect the rebound from a failed throw from the competitor, i.e. a negative defense indication for the team, because the team members all occupy the internal positions of the target board, making them in a better position than the attacking players to follow-up action, The first influencing factor in defensive follow-up is to take the right place under the basket and then reserve the near attacking player to be the defending player closest to his basket than the attacking player because in that the rate of getting the rebound is increased, and the opponent can try to reach the ball by jumping Above the level of the defender and this would make a mistake personally against him and these mistakes are very important at the end of matches when they cause free throws. (Silwan Salih et al. 2016: 86, 87)

The conclusion:

1. The average frequency of defensive follow-up during the fourth period is the highest iteration of the first period.

2. The average effectiveness rate for defensive and offensive follow-up increases gradually during the game.
3. The average repetitive offensive follow-up during match periods increases in the first and second period, and the average recurrence decreases in the third and fourth period.
4. The average frequency and effectiveness of defensive follow-up during matches exceeded the average and frequency of offensive follow-up.

Recommendations:

1. Use the performance analysis form for offensive and defensive follow-up to determine the actual level of the team during the matches.
2. Take advantage of the analysis outputs to develop training and training programs to raise the level of performance.
3. Benefiting from the study to carry out targeted scientific studies, whether experimental or descriptive, for the basketball performances in general and follow-up in particular

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