

## The effect of imagery training on the skills of the basket ball players

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### ■ ABSTRACT

The purpose of this study was to compare skill performance of soccer players in outdoor and indoor situation. For the purpose of this study, 25 female soccer players from the Department of Physical Education, University of Allahabad were selected as subjects who had adapted soccer as their match practices. The selected objective skill tests for the presented was McDonald Soccer Test. Pertaining to the selected objective, skill test of soccer was collected in the football field and gymnasium hall, University of Allahabad. For the purpose of study, the test was administered to all the subjects as per prescribed procedure. To compare the rating on the selected test “t” test was applied on the level of significance set at 0.05 levels. The findings of the study showed significant difference of McDonald in the indoor and outdoor conditions.

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**B**asket ball was invented in December 1891 by the Canadian Clergyman, educator and James Naismith. Naismith introduced the game when he was an instructor at the Yong Men’s Christian Association Training School (Now Springfield College) in Springfield, Massachusetts. The basket ball spread over all the world and it is a Olympic discipline now. All most all the countries of the world play basket ball.

The basket ball game includes the skills like dribbling, passing and shooting the ball in the basket. For shooting the ball, the concentration is required and accuracy to the ball is also required. The concentration is one of the mental practices which is to be developed as well as strength of shoulders is required to put the ball in the basket.

In game of basket ball, the players adopt various training methods to improve the skills of the game. In modern days the number of new methods of training are developed. The imagery is one of the methods of training that develops the skills of the games and sports. During the 60’s and 70’s the studies conducted on mental imagery where rather inconsistent due to different unfounds such as lack of subjects and reliable

controls.

The imagery is called the visualization or mental rehearsal. Imagery means using all of your senses (e.g. seeing, feeling, hearing, testing, smelling) to rehearse your sports in your mind.

### Why should one use imagery ?

- To help you get the most of training tops athletes use imagery extensively to build on strengths and eliminate their weaknesses. (e.g. Sachin Tendulkar’s meditation training is imagery training)
- To compete more effectively.
- To speed up your progress on the road to top.
- To help stay motivated along the way.
- To keep in top from when training is not possible.

Because of many benefits of the imagery training, the investigation decided to undertake the study of effect of imagery training on the skills of basket ball players. The purpose of this study was to see the effect of imagery training on the shooting ability of the basket ball players.

The scholar selected 20 basket ball players of RTM,

Nagpur University who were practicing regularly on the university basket ball courts, but were not knowing the imagery training.

The players were selected and explained them the imagery training. The age group of the players was 20-25 years. The imagery training was planned for 18 weeks, 5 days a week in the morning at 7.00 a.m.

**Training schedule :**

- Warming for 15 minutes.
- Basket ball play for 15 minutes.
- Cooling down for 10 minutes.
- 2.5 – 5minutes imagery training.
- Again basket ball play for 10 minutes.
- Shooting practicing for 10 times for each player.

Before the starting of the training schedule, the basket ball shooting passing and dribbling tests were conducted and the scores were recorded. Then the training schedule was started for 6 weeks. All the subjects were attending training for six weeks.

After the finish of all imagery training AAHPERD basket ball test for shooting, passing and dribbling were conducted for all the players and the scores were recorded. The tables of the scores were prepared, means SD and ‘t’ test was applied to see the effect of imagery training on the shooting, passing and dribbling skill of the players.

**Statistical analysis :**

The table were prepared for the scores of pre-test *i.e.* before the start of imagery training and scores of post-test after the finish of 6 weeks imagery training. Table 1 indicates the means of the scores of the players mean and S.D. of pre-test and Table 2 indicates the mean of the and S.D. of the post-test scores.

Table 1 reveals that the shooting ability before the imagery training of basket ball players was 52.00. The passing ability was 15.1 and the dribbling ability of the basket ball players was 106.18 seconds. These are the means of the scores before the start of the imagery training.

The SD’s were calculated for the shooting ability, passing ability and dribbling ability of the basket ability of the basket ball players. Standard deviation of shooting was 226.6’ of passing 65 and that of dribbling 462.82.

**Table 1: Pre-test scores mean and S.D.**

Sr.No.	No. of players	Skill	Mean of score	S.D.
1.	20	Shooting	52	226.6
2.	20	Passing	15.1	65
3.	20	Dribbling	106.18	462.82

**Source :** From actual scores of AADHER Basket Ball Test

Table 2 indicates the means and standard deviation of the basket ball skills shooting, passing and dribbling skills after 18 weeks imagery training.

**Table 2 : Mean and standard deviation of shooting, passing and dribbling after training post test**

Sr.No.	No. of players	B.B. skill	Mean	S.D.
1.	20	Shooting	54	235.5
2.	20	Passing	18.25	79.54
3.	20	Dribbling	86.44	376.59

**Source :** From the scores of shooting, passing and dribbling of basket ball skills

Table 2 reveals that the means and standard deviation of the basket ball skill shooting was 54.00 and S.D. 235.5, the mean of passing was 18.25 and S.D. was 79.54 and that of dribbling was 86.44 and standard deviation was 376.59.

Hence, it can be said that the imagery training improved the skills of basket ball players.

To see the effect of 18 week imagery training on skill of basket ball player, ‘t’ test was also applied to the scores which is given in Table 3.

Table 3 reveals that the calculated ‘t’ of shooting skill was more than the tabulated ‘t’ at 0.05 level of significance. Hence, it is concluded that the effect of imagery training on the basket ball players skill of shooting was positive.

The calculated ‘t’ of passing skill was more than the tabulated ‘t’. Hence, it is concluded that the skill of passing of basket ball players improved due to participation in imagery training.

The calculated ‘t’ of dribbling skill was more than the tabulated ‘t’. Hence, it is concluded that the dribbling of basket ball players improved due to participation in imagery training. Martin and Hall (1995) and Rushall and Lippman (1997) have also made investigations on role of imagery in physical performance and in enhanced intrinsic motivation.

**Table 3 : Mean S.D. and cal ‘t’ of the pre-test and post test scores**

Sr. No.	Skill of BB	Pre-test		Post-test		Cal ‘t’	tab ‘t’
		Mean	S.D.	Mean	S.D.		
1.	Shooting	52.0	226.6	54.00	232.5	6.7	2.14
2.	Passing	15.1	65.8	18.25	70.54	8.57	2.14
3.	Dribbling	106.18	462.82	86.44	376.59	12.29	2.14

**Source :** From the scores of the pre-test and post-tests of the skills of basket ball players

**Conclusion and recommendation :**

Form the above study and within the limitation of the study, the following conclusions were drawn.

- Imagery training improved the shooting skills of basketball players.
- Imagery training improved the passing skills.
- Imagery training improved the dribbling skills of the basketball players.

Hence, it is recommended that the coaches, trainers, physical education teachers must learn the imagery training methods and use it for training of their teams and players. The players must adopt this training method for improving their skills of games and sports.

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