Chapter V

Summary and Conclusions

5.1 Summary

In this particular chapter summary of complete study is presented at the same time conclusions are derived from the analysis given in chapter IV. Recommendations are given on the basis of analysis and discussion. The purpose of the study was to see the type of skill used during basketball competition in Maharashtra as well as National challenge for predicting and evaluating basketball playing performance.

5.2 Discussion

5.2.1 Discussion with respect to Shots in Basketball

Expert views are not that different from the result of the study, that layup shot are usually attempted from low post and elbow for a proper success rate and good outcome. As they strongly have the same opinion that layup shot are to be attempted board support than that of direct shot.

Expert views are not that different from the result of the study, that Field goal jump shot are usually attempted from low post and elbow for a proper success rate and good outcome. As they strongly have the same opinion that field goal jump shot are to be attempted board support than that of direct shot.

Expert views are totally different from the result of the study, that Field goal set shot are not to be attempted, as these type shots are mostly used from the Corner than any other position, expert prefer to go for three point set shot than field goal set shot. As they strongly have the same opinion that field goal set shot are to be attempted direct than that of board support.

Expert views are same as the finding that three point jump shot can be used direct shot and that also from wing and point for the maximum coverage of points and in very less attempt. As they strongly have the same opinion that three point jump shot are to be attempted direct than that of board support.
Expert views are same as the finding that three point set shot can be used direct shot and that also from wing and point for the maximum coverage of points and in very less attempt. As they strongly have the same opinion that three point set shot are to be attempted direct than that of board support and three point set shot are type of shot after practice they can give good result.

Expert’s views are same as the finding, collection shots can also be attempted from high post, but at the same time they have the same opinion that these type of shots are to be attempted only board support than not to go for direct shot. They moreover strongly feel that from this type of shots good collection, can be converted in foul and shots were a shooter gets an attempt count as well as one free throw.

Expert strongly urge that fast break are to be taken from wing and if defender is not there than you have to go for low post position and convert the shot. They also suggested that these types of shots are not to be taken from high post. They moreover strongly feel that from this type of shots are having a good success rate and without disturbance, than the shooting is to be done board support.

Expert powerfully urge that foul and shot are not having any fix place, these types of shot are totally depend on the defender. Foul and shot are type of shot were you are awarded a free throw and you have to make a maximum use of these opportunity. They moreover strongly feel that from this type of shots are having a good success rate and with disturbance, and advantage of free throw the shooter must at any cost convert the shots.

Expert effectively urge that drive shot should be taken from elbow or point, as the player driving with the ball is having lots of potion open from these position. Expert also suggested that drive shot can be used only by good dribbler’s or good ball controller. As Speaking about the shooting they have an different idea that ,these type of shots are not fix attempt ,the shooter can go for board support or direct ,as it depends on the position of the defense and position on the ground. They moreover strongly feel that from this type of
shots are none other than layup shot so the player should have a vast thinking when going for a drive shot.

Expert powerfully explains that free throw shots are to be taken direct shot and not to think also of board support. They also recommend that proper elevation and proper flight can get good result in these types of shots.

Expert strongly explains that Pivot shot are to be taken board support and from the low post. As per the expert Pivot players are used in very good way to break the defense. They also recommend that proper asses with the help of teammate good result can take place.

5.2.2 Discussion with respect to Positions in Basketball

Experts feel the same as from the corner frequently, drive shot's are to be taken and that also direct short are to be preferred. They strongly advocate that three point set, are to be attempted direct shot which can give better result from these position.

Experts feel the same as from the Elbow frequently, fast break shot's are to be taken and that also board support short are to be preferred. They strongly advocate that three point set, are to be attempted from these position. They also feel that good practice of field goal jump shot, extra basket can be converted from this position, as players get maximum chances from this position.

Experts strongly feel that three point set shot are being attempted from this position, and they are also converted from this position, than any other position. They strongly advocate that fast break is to be taken from this position, so that a player gets a good advantage of board support shot. According to them wing is a good position for layup shots and good result.

Experts strongly feel that three point set shot are to be attempted from this position, and that also direct shot recommended. They again strongly suggest that free throw from these position, are to be attempted as direct shot. They strongly advocate that fast break from these position is to be taken as direct
type of shots for better result. According to them pivot player can be used from these position, for better result.

Experts strongly feel that low post is the area from where largest no of shots are converted. They also advocate those fast breaks are to be taken from this position, were a player can get first-class result. Experts commented that from this position a player must take board support shot.

Experts strongly feel that high post is the area from where largest no of collection shots are attempted. They also do not have a complete suggestion of how the shot is to be taken. Either a player should go for board support of the player should go for direct shot from this position.

5.3 Conclusion

5.3.1 Conclusions with respect to Shot

From the present study it was found that layup shot conversation was same that of the miss shots from total attempted shot. Layup shots were maximum attempted from Elbow as the conversation rate was moreover not that good, if layup shot are being attempted from low post the success rate may increase and which can give an encouraging result. Overall Layup shot which were attempted in basketball competition the success rate of board support was from that of direct shot which were attempted. It is noted that maximum layup shot are being attempt board support in both the competition. If these type of shot’s are being attempted from low post and that also board support than the outcome might be much more helpful in the competition.

From the present research it was found that field goal jump shot were yet again maximum attempted in the basketball competition from every position, in all they were moreover attempted from as the conversation rate was moreover not that good. Field goal jump shot were second largest attempted in the competition and maximum attempted shot were again from the Elbow position, from these position maximum jump shot were attempted. It is found that the lowest success rate of these type of shots are from the Corner so it is recommended that not to go for field goal jump shot from these position. In
the same way these types of shot had a sensible success rate from low post again, so it is advice to attempt these type shot from low post for a better result. Overall Field goal jump shot which were attempted in basketball competition here again the success rate of board support was from that of direct shot which were attempted. It is noted that maximum field goal jump shot are attempt board support in both the competition. If these type of shot’s are being attempted from low post and that also board support than the outcome might be much more helpful in the competition.

It is observed from the present research that field goal set shot were very less attempted in the basketball competition. Maximum shots were attempted from Wing with a very less success rate Field goal set shot are found that the lowest success rate of these type of shots are from the Corner so it is recommended that not to go for field goal set shot from these position. Field goal set shot are attempted in a very large scale but overall success rate was very less. Overall Field goal set shot were attempted in basketball competition utmost direct shot were attempted, rather than board support field goal set shot were hardly attempted board support. If these types of shot’s are being attempted from corner and that also direct shot are recommended.

From the observation three point jump shot were maximum attempted in the basketball competition, Maximum shots were attempted from Wing with a very less success rate, three point set lowest success rate of these types of shots are from the point, so it is recommended that not to go for three point jump shot from these position. Three point jump shot attempted in a very large scale but overall success rate was very less. Overall three point jump shot were attempted in basketball competition highest direct shot were attempted, rather than board support three point jump shot were hardly attempted board support. If these types of shot’s are being attempted from wing and that also direct shot are recommended. These type of shots were not attempted direct shot, only board support shots were recommended
From the study three point set shot were third largest shot attempted in the basketball competition, in that Maximum shots were attempted from Wing and point with a very less success rate. It was found that these types of shots are usually taken from the point where the shooter gets a good range of shooting. So it is recommended that not to go for three point jump shot from this position. Three point jump set shot were attempted in a very large scale but overall success rate was very less. In general three point set shot were attempted in basketball competition highest direct shot were attempted, rather than board support three point set shot were hardly attempted board support. It is recommended that this type of shot’s are to be attempted from the point and direct shot are recommended.

Present study shows that Collection shots are very well attempted in the basketball competition, with a reasonable success rate, collection shots was having a good success rate than of attempt shot in the competition. Overall these types of shoots were attempted from low post, which shows the highest rebound from this position. Collection shots were hardly attempted from any other position. The finding were again something unusual that Collection shot which were attempted board support success ratio was more than that that of direct shot. So it is recommended that collection shot should be attempted board support, as these types of shots are usually from low post position.

Present research shows that Fast break used maximum in these competition, these type of shot’s are very well attempted these, with a highest success rate than any other type of shot were you get two point, fast break. Overall these types of shoots were attempted from, wing and high post, but the highest success is shown from low post were the entire attempted short are being converted into basket, as there is hundred percent chance in fast break to go for a successful shot. So it is recommended that fast break is to be taken from low post and not to make an attempt from high post. In this research it was also found that fast break board support conversion was good enough
than that of direct shot. At the same time it is suggested that fast break are to attempted board support.

Present research shows that Foul & shot are generally attempted from low post and all the shot are converted, though these type of shots are hardly used in these competition. So it is recommended that foul and shot have no choice as the shooter for a shot from where he gets the ball, as it is suggested that is to be taken from low post. In this research it was also found that collection shot are mostly board support shot from low post.

Present examine shows that Drive shots are use in basketball competition, with a very low rate of success. These types are shots are usually attempted from corner, wing and elbow. It was found that drive shot attempted from Corner are direct shots have a good success rate, than that of board support. So it is recommended that drive shots from corner shot be attempted direct shot. These types of shots are found from wing and elbow, as here the picture was different board support shots were converted more than that of direct shot. So it is recommended drive shot attempt can differ from every position, it is not recommended for board support or direct, but position wise the shooter can change the shot.

Present examine shows that Free throw which were used in basketball competition, with a wonderful success rate. These types are shots are usually attempted from Point as they are free throw. Free throw shots which were attempted in basketball competition maximum shots were converted as direct shots, as they were attempted direct only. Moreover when free throw was attempted board support they were miss hardly these type of shots had a good result. So it is recommended that Free Throw should be attempted direct shot.

Present examine shows that Pivot shots which were used in basketball competition were not that successful, mostly pivot shot were attempted from low post and high post. Usually from the study it is recommended that pivot shot when ever is attempted, it should be attempted board support, for a better result.
5.3.2 Conclusions with respect to Positions in Basketball

Present study shows that the type of shot which were being used from the corner, field goal jump shot were attempted at large scale from this position, as it is recommended to go for direct shot from this position. Drive shots were also used which did not showed a good result but still, direct shots from corner at the time of drive a sensible as per the study.

Present study shows that the type of shot which were being used from the Elbow, field goal jump shot were attempted at large scale from this position, as it is recommended to go for direct shot from this position. Drive shots were not at all recommended from this position as conversion rate is very less. From this position pivot shot are being recommended as conversion rate here is fairly good. The best shot from here these position was fast break, the entire attempt made were converted into successful basket. It is notice that the player going for a layup shot for fast break, all the shots from elbow are recommended board support after noting the type of shots from this position.

Present study shows that the type of shot which were being used from the wing, it was totally a surprise result that field goal jump shot were attempted very less from these position as. Three point jump shot and three point set shot were highest in no which covered large no of share from these position. From this position only board support shot are recommended which gives a good output. It is also observed that a large no of fast break are attempted from these position, which also had a good percentage of success. Fast break from this position usually board support shots are recommended from the study which is being carried out.

Present study shows that the type of shot which were being used from the point, it was totally a surprise result that field goal jump shot were attempted very less from these position as. Three point set shot were highest in no which covered large no of share from these position. From this position only direct support shot are recommended which gives a good output. It is also observed that a large no of fast break are attempted from these position, which also had
a good percentage of success. Fast break from these position usually direct shots is recommended, from the study which is being carried out. These is only the position, from here maximum almost all the free shot were taken, and that shot’s usually were direct shot are recommended from the study. Board support free throw did not have that kind of success commencing this position. From this position drive shots are also attempted but again hear needed asses or screening of the team mate.

Present study shows that the type of shot which were being used from the low post, fast break shots had a 100 % success from this position; it was totally a surprise result that field goal jump shot were attempted had a fairly good success rate than any other position. From this position only board support shot are recommended which gives a good output. It is also observed that a large no of fast break are attempted from these position, which also had a first-class percentage of success. Fast break from this position usually board support shots are recommended, from the study which is being carried out. Collection shot had a very good number of attempts, though the success rate was not that much reasonable? Pivot shot from low post were attempted in very good number, but at the same time only board support shot conversion was good, than that of direct shot. And that’s why board support shots are advantageous from this position.

Present study shows that the type of shot which were being used from the high post, it was totally a surprise result that field goal jump shot were attempted did not have a good success rate from this position. Only board support as well as direct shots are recommended, these is the only position that we have not got a perfect conclusion that the player have to go for a board support shot or direct shot. Collection shot had a very good number of attempts, though the success rate was not that much reasonable? Pivot shot from high post were attempted in very good number, at a very less basket were converted.
5.3.3 Conclusion with respect to Defense

From the study undertaken and result found were something very different than that of state and national. Various type of defense was used in this competition. But at the majority of Man to Man Zone defense and D 2-1-2 defense was used. From the study it is recommended that man to man zone defense should be used with shuffling of the player. From the study it is also recommended that pressure defense make a good success, for not allowing the opponent to go for the basket. It is seen that other type of defense were also used which could not be mention, they were at the time of collection of the ball. For better result and charge from first minute full court press defense is recommended, these type of defense was not at all used in state competition. Full court defense was used in national. It was also found that only professional teams used full court defense. It is also found that other zone defense was used very less.

From the study undertaken and result found were that highest no of foul were occurred when the defense was pressure defense. Than it was found when the defense was D 2-1-2. So it is recommended that to minimize the foul. Man to Man zone defense is recommended. It is seen that maximum steal occurred when the defense was Man to Man zone defense was taken. Maximum block were found in these type of defense, with very less foul so these defense is recommended. Offensive fouls were found maximum Man to Man defense so these type of defense is recommended, whenever the team is in need of offensive foul. Usually it is found that maximum Man to Man Zone and Pressure defense was used in this Competition. From the study it pressure defense is recommended for better result

5.4 Major findings

Based on the results obtained and within the limitations of the study, the following conclusions were made.

Considering limitations of the study the following conclusions are derived
• In Basketball match layup shot has to be taken with board support from any position accept point.
• In Basketball competitions field goal jump shots are attempted in large scale but the success is in a small amount
• Basketball players hardly attempt field goal set shot
• Compare to the attempted three point jump shots the success ratio is very less in Basketball
• It is concluded that the collection shot in Basketball has a good success rate but attempt were very less
• Present investigation reveals that the drives are effective from the corner position
• From the results found in this study it is concluded that free throw should be attempted as direct shot.
• In this attempt it is found that fast break shot in Basketball is attempted from low post and that also board support.
• This study concludes that foul and shots in Basketball are hardly attempted
• In the present study it is noticed that field goal set shot in Basketball had a Lowest success rate
• In the Basketball Competition on the whole fast break conversion was highest than any other shots with 82.4% which was found in these study.
• Statistics has shown that three point shots are converted more with direct shot in
• It is analyzed in Basketball competition from point position three point set shot were more effective.
• It was found that from low post board support shots are more effective than any other position.
• It was found that full court pressure defense was used in National which was not at all use in state competition.
• Defense skill block was not used in state competition but it was used in National.
• It is to be noted that Maximum fouls were recorded from low post in Basketball competition.
• In the Basketball competition maximum fouls were recorded in pressure defense
• Man to Man zone defense was used maximum than any other zone defense
• Basketball competition 24 sec violation was recorded in National not in state
• Basically stealing the ball was more effective in only D 2-1-2 defense than any other defense.
• Layup direct shot always a failure, any position board support advisable
• In Basketball Competition analysis shows from low post board support shots are more effective than direct shots

5.5 Recommendations

After considering the existing research of skill and performance in Basketball competition in state as well as National following recommendations regarding the implications and suggestions for further studies are made

• As the study was devoted to find skill and performance used in Basketball competition, further study is recommended to take one particular skill of defense or offense.
• In this study, a matches were recorded only of men’s, since the results are thought provoking, further investigation in this direction on girls team’s seems to be valuable.
• This research also recommends going for more studies in live matches and analysis different skill used in each and every tournament as there are very few studies have been conducted.
• It is recommended for the coaches and players that those shots which are having highest successes ratio are to be practiced in matches and used in tournament.

• Researcher also recommended that the few skills which were used in National level, they were not at all used in state competition after having a potential in state.
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