

On The Spot Command and Innovative Drills: Strategies to Enhance The Coaching Performance

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Abstract

The study aimed to assess the basketball coaches' on-the-spot command and innovative drills to come up with strategies to enhance their coaching performance. The study looked into the profile of the coach and basketball players based on sex, school affiliation, age, and game position; assessed the on-the-spot coaching commands of coaches during play, pauses in play, time-outs, and post-game; tested the significant difference in the assessment of the basketball player respondents as regards on-the-spot command; evaluated the common drills their coaches provide in terms of shooting, dribbling, passing, defensive, and rebounding; tested the significant difference in the assessment of player respondents as regards the common drill their coaches provide based on their profiles; tested the significant relationship between the basketball coaches' on-the-spot command and innovative drills, and identified the challenges encountered by the basketball coaches during training and competition. The study was participated in by 17 coaches and 153 students from eight selected universities in China. The Assessment of the Basketball Player Respondents as to the On-the-Spot Coaching Commands all got an overall mean that is interpreted as "agree" signifying a high level of implementation. The test of significant difference affirms that all indicators showed a sig value higher than 0.05 signifying that the null hypotheses were accepted affirming that there is no significant difference in the assessment of the player respondents and coach respondents. The assessment of the basketball players on common drills their coaches provided got a mean value that is interpreted as "agree" which indicates a high level of execution or implementation. The test of significant difference affirms that all indicators got a sig value higher than 0.05 signifying that the null hypotheses were accepted affirming that there is no significant difference in the assessment of the player respondents when they are grouped according to profile. The test of a significant relationship between the basketball coaches' on-the-spot command and innovative drills showed an r-value of 0.060, giving a Weak Positive Correlation. Challenges encountered by the basketball coaches during training and in the competition were identified as "Focus and Fix", "Physical and Emotional Fretfulness", "Command Resistance and Team Mediocrity", and "Subjectivity of Coaches and Referees".

Keywords

Playpauses in play; Time-outs; Post-game; Shooting; dribbling; Passing; Defensive rebounding.

1. Introduction and background

1.1. Introduction

Basketball is one of the most popular sports in the world. As of 2018, the International Basketball Federation (FIBA) has 213 national member federations, and the FIBA estimates that there are 450 million players worldwide.

China even introduces the mode of NBA promoting competition practice to bring the Chinese Basketball Association (CBA), Women Chinese Basketball Association (WCBA), and Chinese University Basketball Association (CUBA) into people's view; also, the organization system of Chinese basketball is gradually perfecting with scientific and high-efficient training. However, due to the limited time of development, Chinese basketball has not, at present, built a win-win sports-education cooperative mechanism among the sports system, education system, and social system.

Enhancing the basketball level of college students through quality coaching and training in colleges and universities is an integral part of improving the overall basketball level of the country (Liu et al., 2016). With the development of society and economy, the traditional basketball teaching mode has lagged far behind basketball development. Through the research on the problems existing in college basketball teaching, the direction of college basketball teaching reform is explored, and the quality of college basketball teaching is improved.

The coach has a major role in delivering quality coaching styles and techniques to the players inside and outside the court. Given the potential relationship between coaching skills and player performance, promoting situations that optimally allow coaches to impart positive actions to the benefit of the team is fundamentally sought by basketball. Importantly, in competition settings, the abilities mentioned above must be expressed in an efficient and professional manner. Foulds & Hoffmann (2019) emphasized that coaches can exert a substantial influence on players' performance through their behaviors exhibited during training and in competition, manner of communication, on-the-spot command, cues, and decision-making during basketball matches.

In turn, situations during different match contexts may influence decision-making processes in basketball coaches and potentially influence the outcome of play sequences during key match scenarios. (Schultchen et al., 2019) Therefore, it is of high value to pursue research efforts that aim to enhance the players' performance in league matches by analyzing the actual commands of coaches during different match contexts. It is believed that appropriate tools will likely yield valuable insights for informing coaching management strategies that may benefit more comprehensive team performance in basketball. Moreover, empirical investigation of this issue will exert positive and profound influences on the Chinese basketball training system among schools.

The vital position of basketball sports in colleges and universities in China is emphasized from the strategic height of commanding the whole situation. Student-athletes lack practical drills and techniques flexible during the competition, and the quality of coaching command of the coaches during the game are the valuable factors that the current research will explore.

1.2. Background of the Study

The Chinese government attaches great importance to sports education. The partnership with the Ministry of Education builds on the NBA's basketball and youth development efforts in China. As part of the curriculum, NBA players, legends, and coaches will visit Chinese schools to conduct basketball clinics and provide specialized instruction to Chinese coaches and physical education teachers.

In the article "The Importance of Coaches' Psychological Orientation in Competition to On-the-spot Command", Lu Gang (2011) said that the psychological orientation of coaches is not the

result of winning but the process of teaching and controlling the game in on-the-spot command. Athletes are very sensitive to the external expressions and language of coaches, and will evaluate their own performance at any time through the expressions and body language of coaches. Therefore, it is very important for coaches to control external expressions and language. The coach establishes the correct psychological orientation before the match, which is the guarantee to keep the consistent and peaceful appearance in the match. De Haan et al. (2013) urge that research in the field focuses on the factors that result in coaching being effective for motivating, leading, and managing, including other coaching techniques (de Haan, Culpin, & Curd, 2011; de Haan & Duckworth, 2012). In recent years, administrators and coaches from Chinese universities have expressed the need the sports coaches need to focus on a athletes' perceived ability, predisposition, or capability to win in the competition and form a good relationship with the coach.

Knowing how the preceding technical and tactical skills of the basketball players, the quality of drills they receive, and the on-the-spot commands of coaches may facilitate the maximization of athletes in competition, specific diversification of training, and improvement of training drills. Such information may also help the basketball coaches optimize tactical planning, both during training and in a match. The purpose of the present study is to find out how the actual training drills and the command of the coaches impact the performance of the players during the match.

2. Organization of the Text

2.1. current situation

The content of basketball training in colleges and universities in China is mainly basic skills, leading to low interest in student-athletes' learning and poor training quality. The intensity and measurement of exercise in teaching are small, resulting in players' basic skills are not solid enough. The significant reason for this phenomenon is that the intensity and measurement of drills in training is difficult to meet the requirements of the competition. In the game, the hit rate is low under high-intensity confrontation and defense, and the usual training is carried out at a slow pace with low intensity and low training.

2.2. Analysis of feasibility results to improve coaching performance

2.2.1. The study was participated in by 17 male coaches from various universities in China, mostly 31-40 years old.

Meanwhile, there were 130 player respondents, coming from various universities in China, most of them 18-22 years old, and their game position range from Center, Power Forward, Small Forward, Point Guard, and Shooting Guard.

2.2.2. The Assessment of the Basketball Player Respondents as to the On-the-Spot Coaching

Commands specifically on Command During Play, Command During Pauses in Play, Command During Time-Outs, Command During Post Game all got overall mean that is interpreted as "agree" signifying a high level of implementation.

2.2.3. The test of significant difference affirms that all indicators, Command During Play

Command During Pauses in Play, Command During Time-Outs, and Command During Post Game show a sig value higher than 0.05 signifying that the null hypotheses were accepted affirming that there is no significant difference in the assessment of the player respondents and coach respondents.

2.2.4. Assessment of the Basketball Players on Common Drills their Coaches Provided

Specifically Shooting, Dribbling, Passing, Defensive, and Rebounding, all got a mean value that is interpreted as “agree” which indicates a high level of execution or implementation.

2.2.5. The test of significant difference affirms that all indicators

Shooting, Dribbling, Passing, Defensive, and Rebounding show a sig value higher than 0.05 signifying that the null hypotheses were accepted affirming that there is no significant difference in the assessment of the player respondents when they are grouped according to profile.

2.2.6. The test of significant relationship between the basketball coaches' on-the-spot command and innovative drills

Shows an r-value of.060, giving a Weak Positive Correlation.

2.2.7. As to the common challenges encountered by the basketball coaches during training and in competition

The interview results were able to coin “Focus and Fix”, “Physical and Emotional Fretfulness”, “Command Resistance and Team Mediocrity”, and “Subjectivity of Coaches and Referees”.

2.3. Research Design

The comparative correlational method of research design was used in this study since it involved description, recording, analysis, and interpretation of condition and relationship that exists. correlational research design involves correlation between two variables and causal comparative research design involves comparing two groups in order to explain existing differences between them on some variable or variables of interest. according to Singh, (2018), correlational design is one in which the researcher collects two or more sets of data from the same group of subjects so that the relationship between the two subsequent sets of data can be determined and compared respectively.

A descriptive correlational study is a study which will enable the researcher in describing relationships among the existing variables. According to Ary et al. (2013), this method involves collecting data to test hypotheses or answer questions concerning the current status of the subject of the study. Descriptive research determines and reports the way things are. It is scientific research that describes events, phenomena, or facts systematically dealing with a particular area or population.

This study aimed to investigate and analyze the actual situation of basketball coaches' commanding styles during the match and explores in a broader understanding of the potential gap between training drills of the players provided by their coaches.

By utilizing this research approach, the researcher was able to find any significant difference in the on-the-spot command of the basketball coaches when their profiles are taken as test factors. Likewise, the researcher looked at the relationship significant relationship between the on-the-spot command of the coaches and the drills being received by the athletes as well as the challenges encountered by the basketball coaches.

All of the above discussions on the descriptive research method actually suited the nature of research that this present study would do; hence this method was adopted. The rationale in the utilization of the research method stated in this study are all appropriate in the requirements of the present undertaking to carry out the study's empirical results. Therefore, the study conforms to using the descriptive-correlational method as its primary research design.

2.3.1. Respondents of the Study

The study involved one hundred and fifty-three basketball players (153) and seventeen (17) coaches from the selected universities in China's northern and southern parts. These universities are members of the Chinese University Basketball Association (CUBA).

The respondents' involvement in the study was primarily based on the accomplishment of survey-questionnaire on assessing the coaches' on the spot command during the basketball match. They were asked to assess the coaches' command through the following: command during play, command during pauses in play, command during time-outs, and command during post-game. Moreover, the players also measured the training drills being provided to them on the following: shooting, dribbling, passing, defensive, and rebounding.

The respondents' selection was based on their sport specialization and on the current number of coaches and players from each participating university. Their participation in the study significantly impacted the results of the study.

2.3.2. Research Instrument Used

The researcher utilized a survey questionnaire as the main instrument in gathering data for the quantitative component of the study. For the participants to have a complete understanding and appreciation of the questions indicated in the survey questionnaire, the research employed the translation method from the English language to the Chinese language. This allows clarity of the questions and so to gather the exact data intended for this purpose.

2.3.3. Data Gathering Procedure

The researcher first secured permission from the participating universities to allow target participants to participate in the survey. After securing the approval from the school presidents, the researcher proceeded to the sports development office to collect the list of basketball coaches and players. The researcher distributed the questionnaire using Google form as the main platform in gathering the data and retrieved the duly accomplished electronic forms and assure the graduates that their identity was kept highly confidential. Due to the pandemic situation, other respondents were encouraged to complete the survey using the Google form to collect their responses or send their duly accomplished forms to DingTalk and Wechat applications.

A focus group discussion was also conducted between the seventeen head coaches as part of the qualitative inquiry of the present study. The process was facilitated by a series of online interviews with them that can be scheduled according to their most convenient time to do so. In order to obtain information regarding the coaches' schedules, the researcher communicated closely with them. During the virtual focused-group discussion, the discussion was recorded, and the coaches were informed about it.

2.3.4. Statistical Treatment of Data

SPSS 27 was used for the data management of the responses.

3. Literature References

3.1. On -the-Spot Coaching Command in Basketball

The reasonable on-the-spot command of the basketball coach is an important condition for the team to win. In Geng Shuai's article published in 2014, "A Study on the Characteristics and Effects of On-the-spot Command by NBA Coaches", there are many conditions to decide the victory or defeat of a basketball game, and on-the-spot command is one of the most critical factors. In the whole sport's collective, the coach is the core, the commander and organizer, and the brain of the whole team. When commanding on the spot, coaches make reasonable use of the players' respective strengths and characteristics in the game, equip tactics according to the actual situation on the field, and make reasonable use of time out and substitutions according to the rules to carry out tactics, which is of great significance for improving the team's overall combat ability and winning the final game. Point out the real-time root according to the situation on the field to make adjustments and improve the team in the game of technical and tactical execution through the change of on-the-spot command, to obtain the advantage on the

field so as to win the game. The coach's on-the-spot command is imperative to the basketball game.

3.2. Command During Play

The basketball coach's command during the play allows the coach to make decisions on the spot with the characteristics of flexibility and adaptability. In games, opportunities are sudden, implicative, and perishable. If decisions are not decisive and flexible, they will miss the opportunity of the game, so coaches need to have flexible command ability during the game.

Lu Gang (2018) emphasized in the article "The Importance of Coaches' Psychological Orientation in Competition to On-the-spot Command" that the psychological orientation of coaches is to control the process of competition in on-the-spot command rather than the result of winning. During competitions, athletes pay special attention to coaches' external expressions and language, judge their performance at any time through coaches' expressions and body language, and constantly strive to perform better. Therefore, it is very important for coaches to control their expressions and language during the game.

3.3. Command During Pauses in Play

In the Study of Basketball Coaches' On-the-spot Command, Zhang (2016) proposed that factors affecting coaches' on-the-spot strategy selection include the score on the court and the time of the game on the court, whether the coach's own professional knowledge structure is rich, the prediction of the opponent's strategic arrangement, the grasp of the balance between offense and defense and the probability of tactical choice. The main factors affecting the effect of coaches' on-the-spot command are players' enforcement, the objective environment of the game, the result of the game of coaches' command tactics, and different on-the-spot commands means all the well-known basketball game decision-making ability is one of the most important abilities of coaches and coaches need guidance on the team, and make the most basic, most important decisions for the team, to ensure that the players on the field strength, with the proper array, etc., the capacity and tactics decision-making factors is an important, often appropriate decision can change the direction of the game.

3.4. Command During Time-Outs

Gui (2015) explained that temporary pause time is very short, only one minute, a minute in this fleeting time; coaches need to according to the players' emotional situation, and give full play to the readjustment of language incentives, with short refining of the language of the rapid change in the emotional state of the player, morale, motivate players, give full play to the tactical level, in an effort to get the initiative in the game. During this stage of the game, the self-control ability of the coaches, as well as the most basic ability, the coaches must participate in the fierce competition in the intense change, often will encounter all sorts of unpredictable changes in the strong stimulation if the coach cannot correctly deal with the stimulus, and timely to self-tuning control is bound to affect the behavior of the coaches in the game.

3.5. Command during Post Game

Successful coaches learn much more from a game than from their opponents. This is the result of putting in the time and effort after the game to evaluate and analyze the team and individual players' performance. In the coaches' command during post-game, it is important to look for and stress things that were done well, not just negative factors.

3.6. Basic Drills in Basketball

The development of campus basketball undoubtedly lays a good foundation for the development of competitive sports in China. As a comprehensive project, basketball requires high physical qualities such as speed, strength, absolute explosive power, jumping, endurance,

core strength, and flexibility. Students can develop their physical qualities in all aspects while participating in basketball, so it has a high value of exercise.

3.7. Shooting

Shooting is the primary skill that directly involves scoring points. Whether a player shoots a layup, mid-range shot, or a three-pointer, it is all-encompassed in shooting or scoring the basketball. Shooting a basketball involves the most specific technique of any of the five basic skills and also may require the most practice to master this skill. The further from the hoop, the more complex the shooting process becomes, which is why only the best shooters have the long-range ability.

4. Recommendation

In light of the summary of findings and the conclusions, the researcher came up with the following recommendations:

1. Stereotyping must be addressed in basketball as there are no woman coaches who train male basketball teams and vice-versa. Doors of opportunity must be opened for women.
2. Coaches need to enhance their skills more specifically on "Command during Play" as it emerged to have the lowest mean for both coaches and player respondents.
3. Basketball coaches' commitment to training players and perfecting in them on-the-spot commands must be maintained and even enhanced for more impressive performance all throughout the game.
4. Coaches' commitment to enhance players' common skills including shooting, dribbling, passing, defensive, and rebounding must be maintained but must enhance specifically dribbling since it got the lowest mean among the five common drills.
5. The school must upgrade Physical Education facilities especially venue for common drills to elevate the standard of execution and the interest of the players.
6. Challenges of coaches before and during the game must be dealt with accordingly and seriously by hiring professionals like psychologists, mental health practitioners, and even technical experts to look into the issue identified in the interview.
7. Future researchers are encouraged and enjoined to delve into similar study in a deeper and wider perspective to improve the points and challenges addressed by this study.

5. Conclusions

Based on the summary of findings, the researcher came up with the following conclusions.

1. Basketball coaches and players in the universities involved are all dominated by the male population.
2. Player respondents often observe and experience the commitment of the basketball coaches to execute and perfect among the players on-the-spot commands during play, pauses in play, time-outs, and post-game.
3. Age, school affiliation, sex, and position have nothing to do with the assessment of the player-respondents as to the commitment of the coaches to implement in them the different on-the-spot commands.
4. Player respondents regard and value the commitment of their coaches in executing and perfecting in them common drills including shooting, dribbling, passing, defensive, and rebounding.
5. Age, school affiliation, sex, and position of player respondents do not affect the assessment of the player-respondents as to the commitment of the coaches to implement in them the different common drills.

6. Weak positive correlation of basketball coaches' on-the-spot command and innovative drills of player respondents proves that one has impact on the other in terms of execution and positive results of the game.

7. The challenges faced by the basketball coaches during training and competition are encompassing all the aspects that are expected to affect both players and coaches.

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