

Tactical Skill Planning Sheet: the Basketball Student Athletes Experience

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Abstract

Tactical skills refer to the ability to adapt during a game and make decisions about on-court activities. The descriptive-qualitative research used in this study explores the experience of tactical skills used by student basketball players before, during, and after games, hoping to help more student basketball athletes use tactical skills to win games. Participants in this study are student-athletes majoring in basketball at Hunan University of Science and Engineering. Through in-depth interviews, it was found that these athletes well demonstrated adaptive thinking and strategic decision-making in various competition situations, while demonstrating a range of strengths and weaknesses in the use of tactical techniques. The athletes' accounts reveal their active involvement in developing training programs to improve tactical skills, and reveal student basketball players actively seeking strategic solutions to correct tactical deficiencies, demonstrating a tenacious determination to learn from mistakes and improve their tactical approach.

Keywords

Tactical Skills, Decision-Making Skills, Coaches' Critical Decision.

1. Introduction

Depending on your philosophy of coaching, you will have your own opinions as to the best ways to maximize your athletes' chances of success. The team strategy you come up with will depend on the skill level of your athletes and the anticipated strengths and weaknesses of your opponents. Athletes who have a clear understanding of their team's strategy will have a better sense of the kinds of tactical decisions that are consistent with that strategy. A soccer team with slower than average foot speed might have a team strategy that encourages players to maintain closer spacing in order to advance the ball by using shorter passes. If players understand that strategy, they will be less tempted to try long passes their teammates are unable to catch up to. Tactical decisions do not occur in a vacuum but are always made within the context of a particular competition. That context usually varies from one competition to the next because of a number of factors, including the quality of the opponent, field conditions, weather conditions, time left in the game, and score differential. This has been true even in other sports games, especially basketball.

2. Methods And Procedures

2.1. Research design

In this study, descriptive and qualitative research will be used to explore the experiences of student basketball players in the use of tactical skills before, during, and after games.

2.2. Participants of the Study and Sampling Technique

The participants of the study are 15 student athletes in basketball at Hunan University of Science and Engineering. They are to be chosen using the purposive sampling technique. The criteria are as follows:

1. Must be an athlete in basketball at Hunan University of Science and Engineering.
2. They must be playing for at least 2 years during the conduct of the study.
3. They must be a bonafide student athletes of Hunan University of Science and Engineering.

2.3. Data Gathering Procedure

Data will be collected through semi-structured interview guide questions and open-ended, face-to-face interviews with each of the co-researchers. Prior to the interview, the co-researchers will be given informed consent and it will be discussed by the researcher and signed by the co-researchers a day before the interview.

2.4. Data Analysis

In formulating and producing the results, the thematic analysis will be used.

In formulating and producing the results, the thematic analysis will be used. Creswell (2014) defined thematic analysis as a method for identifying, analyzing, and reporting patterns within data. It minimally organizes and describes detailed data. This research study will undertake the following procedures:

Familiarizing with the data, Generating Initial Codes, Searching for themes, Reviewing themes, Defining and naming themes, Producing the report.

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3. Research Results

3.1. Tactical Skill of Breaking the Ball

3.1.1. Adapting Offensive Arsenal

The first theme, "Adapting Offensive Arsenal," delves into the multifaceted strategies that student basketball athletes employ to gain a competitive edge. The narratives of the athletes offer illuminating insights into their tactical insights. Student Basketball Athlete 1 articulates the significance of the offensive base technique, underscoring its role in engaging defensive personnel and fostering teamwork: "First of all, the offensive base technique is the most common technique in the game... attract defensive personnel to double, and can quickly dispose of the ball in advance... a teammate is open... basketball is a team cooperation, one person does not win." This theme underscores the tactical sophistication and adaptability of Student Basketball Athletes as they tailor their offensive arsenal to dynamic game situations.

3.1.2. Timing and Transformation

The second theme, "Timing and Transformation," delves into the nuanced considerations that influence athletes' decision to employ the tactical skill of breaking the ball. Student Basketball Athlete 6 unveils the role of court dynamics in guiding tactical choices: "I use the break when there is more play on the court... most reasonable time to break through the ball." The

unwavering faith in teammates' capabilities, exemplified by Student Basketball Athlete 14, showcases the symbiotic relationship between strategic choices and team collaboration. This theme offers a panoramic view of the temporal dimensions that govern athletes' tactical decisions, encapsulating their proficiency in transforming game scenarios to their advantage.

3.1.3. Strategic Unleashing of Potential

The third theme, "Strategic Unleashing of Potential," delves into athletes' mastery of strategic alignment and self-awareness in utilizing tactical skills. The holistic integration of tactical choices with individual abilities is epitomized by Student Basketball Athlete 14, who underlines the faith in teammates as a driving force: "In breakthrough opponents teams when I will choose the ball... I will choose the ball to my teammates, let my teammates to finish the end. I believe in my teammates." This theme elucidates the athletes' strategic thinking, reflective insights, and capacity to leverage their skills for both personal and team advantage.

The athletes highlight the significance of techniques like the offensive base and breakthrough split ball, emphasizing their roles in engaging defensive players and fostering teamwork. This speaks to the athletes' experiences in employing these tactics before, during, and after games, showcasing their strategic thinking and adaptability in different situations.

3.2. Details Student Basketball Athletes Need to Pay Attention to When Using Breakthrough Split Ball Tactical Skills

3.2.1. Precise Execution of Breakthrough Skills

The first theme, "Precise Execution of Breakthrough Skills," unravels the meticulous attention student basketball athletes devote to mastering the art of the breakthrough split ball technique. The intricacies of passing routes, deceptive maneuvers, and defensive considerations are reiterated by Student Basketball Athlete 3, 4, and 5, highlighting the holistic approach to tactical execution. This theme accentuates athletes' commitment to precision, strategic cognition, and their recognition that the breakthrough split ball technique extends beyond execution alone.

3.2.2. Tactical Awareness and Decision-Making

The second theme, "Tactical Awareness and Decision-Making," centers on the athletes' adeptness in recognizing strategic nuances and making informed choices during the employment of the breakthrough split ball technique. An intriguing dimension is introduced by Student Basketball Athlete 11, who delineates the crucial role of the "throw line" while also highlighting areas where not to dwell. This theme underscores the athletes' cognitive prowess, strategic vigilance, and their capacity to interpret the complex interplay of situational dynamics.

3.2.3. Technical Mastery and Team Dynamics

The third theme, "Technical Mastery and Team Dynamics," delves into the fusion of technical finesse and collaborative synergy in executing the breakthrough split ball technique. Student Basketball Athlete 14 echoes the importance of tactical choices within the broader context of team coordination: "Breakthrough should pay attention to reduce the center of gravity protector... pass to conceal should not be too obvious easy to error is steals... not too much to break through or the choices should pass." This theme underscores the athletes' dexterity in harmonizing technical prowess with collaborative dynamics, emphasizing the vital role of technical precision in successful tactical execution.

In conclusion, the research effectively addresses its research questions by providing a comprehensive view of student basketball athletes' experiences in utilizing tactical skills. Through their narratives, the study showcases their strengths in tactical awareness, adaptability, and strategic decision-making, while also shedding light on their weaknesses and areas of improvement.

3.3. Tactical Choices, Guidelines, or Rules in Breaking the Ball During the Game

3.3.1. Effective Tactical Choices and Coordination

The first theme, "Effective Tactical Choices and Coordination," illuminates the critical role of strategic choices and coordination in the successful execution of the breakthrough split ball technique. Student Basketball Athlete 3 stresses adherence to the coach's strategies, and Student Basketball Athlete 4 highlights the principle of prioritizing open teammates for passing. This theme accentuates the athletes' strategic choices, cooperative synergy, and tactical versatility.

3.3.2. Adapting to Game Situations

The second theme, "Adapting to Game Situations," explores the basketball players' adeptness in adapting their tactical approach based on dynamic in-game situations. Student Basketball Athlete 8's narrative underscores the importance of positioning and swift adjustment for successful reception and shooting. This theme is encapsulated by Student Basketball Athlete 8's statement that "everything should be scored by the purpose," emphasizing the adaptability and situational awareness integral to effective tactical execution.

This theme is encapsulated by Gagnon (2022), who emphasizes the adaptability and situational awareness integral to effective tactical execution.

3.3.3. Timing and Decision-Making

The third theme, "Timing and Decision-Making," delves into the athletes' strategic timing and decision-making while executing the breakthrough split ball technique. Student Basketball Athlete 11 elaborates on the ideal shooting moments and emphasizes the need for precision in shot placement: "The best shooting time is to choose to jump after the breakthrough, or in the use of fake action, but the shooting should pay attention to their shooting percentage rate is not high, and to choose the place to shoot." This theme underscores the athletes' strategic acumen, decision-making finesse, and keen awareness of temporal nuances.

3.3.4. Communication and Coordination

The fourth theme, "Communication and Coordination," revolves around the indispensable role of effective communication and coordination during tactical execution. Student Basketball Athlete 7 advocates for dynamic movement and clear instructions: "Breakthrough players to quickly break through, outside the players can not stand in place, move under the feet, to move left and right, give their companions a clear instruction, where to pass the ball do not stand outside to watch." The theme underscores the athletes' capacity for synchronized action, strategic communication, and spatial awareness.

3.3.5. Utilizing Strengths and Creating Opportunities

The fifth theme, "Utilizing Strengths and Creating Opportunities," focuses on the athletes' adeptness in leveraging individual strengths to create scoring opportunities through the breakthrough split ball technique. This theme is encapsulated by Student Basketball Athlete 12, who strategically targets specific teammate positions for successful passing and shooting opportunities. The theme highlights the athletes' prowess in capitalizing on strengths and synchronizing their efforts within the team framework.

3.3.6. Flexibility and Adaptation

The sixth theme, "Flexibility and Adaptation," elucidates the significance of strategic flexibility and adaptation within tactical execution. Student Basketball Athlete 15 emphasizes the purpose-driven nature of tactical choices and the importance of maintaining firmness in execution: "The tactical choice that should be followed is that, The whole team must be purposeful, Don't be a breakthrough, a breakthrough..." The narrative underscores the athletes' capacity to modify tactics in response to evolving scenarios. This theme underscores the

athletes' resilience in the face of changing circumstances, adaptability to tactical shifts, and strategic maturity.

The athletes' narratives provide rich insights into their experiences in utilizing tactical skills before, during, and after games. They discuss the importance of making strategic choices, adapting techniques to various defensive formations, and collaborating effectively with teammates. These experiences underline their awareness of dynamic game situations and the need for versatile tactics to gain a competitive edge.

Overall, the research data provides a comprehensive insight into how student basketball athletes experience and apply tactical skills. The narratives collectively address the research questions by showcasing the athletes' experiences, strengths, and weaknesses in using tactical skills in basketball settings.

3.4. Wrong Types of Breaking the Ball

3.4.1. Errors in Breaking the Ball

The first theme, "Errors in Breaking the Ball," delves into the pitfalls that can undermine the effectiveness of breaking techniques. Student Basketball Athlete 2 emphasizes the need for aggressive breaking, attracting double teams, and maintaining awareness of teammate positions to avert errors. These observations underscore the athletes' keen awareness of the errors and their eagerness to address these issues for more effective game execution.

3.4.2. Improving Tactical Skills

The second theme, "Improving Tactical Skills," offers a deep dive into the nuances of refining players' tactical proficiencies. Student Basketball Athlete 4's astute observation of timing challenges during passing emphasizes a common difficulty faced in games. To address this, Student Basketball Athlete 4 suggests solutions such as enhancing dribbling skills, raising team awareness, and improving passing accuracy. This theme underscores the athletes' determination to advance their tactical skills through disciplined and focused practice.

3.4.3. Correcting Tactical Flaws

The third theme, "Correcting Tactical Flaws," dives deep into specific tactical shortcomings and presents compelling strategies to rectify these issues. Student Basketball Athlete 8 skillfully points out the challenge of optimal positioning during penetrations and provides insightful recommendations for the strategic repositioning of teammates to create better opportunities. This theme showcases the athletes' proactive efforts to identify and rectify tactical weaknesses.

3.4.4. Enhancing Game Readiness

The fourth theme, "Enhancing Game Readiness," underscores the broader elements that contribute to overall game readiness and successful tactical execution. Student Basketball Athlete 14 insightfully addresses the need to bolster game reading ability, a skill vital for making accurate decisions in real-time scenarios. The suggested strategy of focused half-game passing practice resonates as a practical approach to enhancing this crucial skill.

The study reveals that student basketball athletes engage in a reflective process, acknowledging errors in their tactical execution during games and competitions. These errors often stem from misjudging timing, ineffective positioning, and poor decision-making. By recognizing these errors, athletes demonstrate a keen awareness of the challenges they face in applying tactical skills effectively.

4. Conclusion

This study delved into the experiences of student basketball athletes who showcased a comprehensive grasp of tactical skills, employing them strategically before, during, and after games. These athletes recognized the importance of techniques like the offensive base and

breakthrough split ball, using them to engage defensive players and foster teamwork. Their narratives reflected their adaptive thinking and strategic decision-making across various game situations, highlighting their adeptness in implementing tactical maneuvers.

The basketball student athletes exhibited a spectrum of strengths and weaknesses in the realm of tactical skill utilization. Their strengths encompassed tactical awareness, well-timed execution, and proficient decision-making. Athletes demonstrated prowess in recognizing optimal moments, integrating deceptive maneuvers, and comprehending defensive strategies. In contrast, their vulnerabilities were reflected in areas such as precise passing routes, shooting under defensive pressure, and maintaining consistent execution. This nuanced self-awareness showcased a commitment to improving their skillset.

The utilization of tactical skills emerged as a multi-dimensional experience for student basketball athletes. They revealed a profound understanding of the significance of strategic choices, adaptability to different defensive formations, and effective collaboration with teammates. This illustrated their awareness of dynamic game scenarios and the need for versatile tactics to gain a competitive edge. Strengths lay in their tactical awareness, decision-making, and timing, while weaknesses were evidenced in challenges such as precise passing routes and shooting under defensive pressure.

The study shed light on student basketball athletes' reflective process in acknowledging tactical execution errors. These errors, stemming from misjudgment of timing, positioning, and decision-making, revealed athletes' acute awareness of challenges. Their dedication to improvement was evident through efforts to refine dribbling techniques, enhance passing accuracy, and adapt strategies to different game situations. These athletes actively sought strategic solutions to correct tactical flaws, displaying a resilient determination to learn from their mistakes and evolve their tactical approach. This commitment ultimately contributed to their enhanced game readiness, emphasizing the role of game reading, spatial awareness, and teamwork in successful tactical execution.

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