

## **A MOVEMENT PATTERN OF BASKETBALL JUMP SHOT AS PERFORMED BY INDIAN BASKETBALL PLAYERS**

**\*Tiwari Dhirendra and \*\*Tiwari Usha**

**1, 2.** Assistant Professor, Department of Physical Education, Banasthali  
University, Rajasthan, **INDIA.**

**Email:** dhirendra\_tiwari2001@rediffmail.com

*(Received May 23, 2011, accepted June 03, 2011)*

### **ABSTRACT**

*In this paper, we made an effort to analyze the movement pattern of Basketball Jump shot as performed by highly skilled players of India. For the purpose of the study, five expert basketball players, all have represented the country in international competitions, were selected as subjects. This paper emphasis only on the movement pattern of the jump shot as performed by the advanced Indian basketball players. The film was shooted from the seggital plane only. The subjects executed jump shot from the free-throw line. Only the best shot of each subject was used for the analysis purpose. For analysis, the complete movement of jump shot had broken into four phases: 1- Preparatory position, 2- Movement phase I (crouch), 3- Movement phase II (jump) and 4- Follow through (landing). Findings supported the following conclusions: 1- performance of the subjects were varies among subjects, 2- there is a great deal of individuality in techniques used in execution of the jump shot.*