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The effectiveness of a proposed training program in the competition phase using mixed and repetitive training to develop speed and dribbling skill for basketball players (U13).

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Abstract: This study aims to know the effect of the proposed training program in the two ways of combined and repetitive training on developing the transitional speed and dribbling skills of junior basketball players. After dividing the sample into two groups, the akramov test and the dribbling skill test were applied to collect data from the sample members, and after processing them statistically, the study concluded that there is a positive effect of the training program on the study variables (transitional speed and dribbling skill) among basketball players.

KEY WORDS: Training program; mixed training; repetitive training; transitional speed; Dribbling skill.

الملخص: تهدف هذه الدراسة إلى معرفة أثر البرنامج التدريبي المقترح بطريقتي التدريب المدمج و التكراري على تنمية السرعة الانتقالية و مهارة المراوغة لدى لاعبي كرة السة الناشئين، حيث اعتمدنا على المنهج التجريبي، و اختيرت عينة الدراسة بطريقة عمدية، حيث تكونت من لاعب٢٠ من فريق JSBM لكرة السلة مقسمة الى مجموعتين، و تم تطبيق اختبار اكراموف و اختبار مهارة المراوغة لجمع البيانات من افراد العينة و بعد معالجتها إحصائيا، خلصت الدراسة إلى وجود أثر إيجابي للبرنامج التدريبي على متغيرات الدراسة (السرعة الانتقالية و مهارة المراوغة) لدى لاعبي كرة السلة.

الكلمات المفتاحية: البرنامج التدريبي؛ التدريب المدمج؛ التدريب التكراري؛ السرعة الانتقالية؛ مهارة المراوغة؛ فئة أقل من 13 سنة.

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1-Introduction:

sports training is an organized educational process that is subject to scientific foundations and principles aimed at preparing the athlete in a way that enables him to achieve the highest level during competitions **(F. Behamidouche, fateh mazari, 2021: 638**), the sport has become an important pole that brings to it a large number of practitioners, the goal of each of them varies, some of them practice it with the aim of entertainment and enjoyment, and some of them its goal is to achieve results in various competitions such as basketball.

(Tahir Yasmine, Zouak Adel, 2020: 33).

Basketball has developed significantly in terms of the philosophy of play, which clearly affected the physical effort exerted during the game, which led to increased interest in the development of the fitness of its players in the belief that it is the basis on which the preparation and building of players and reach the world level, as this is shown in the role played by the physical competence and skill of the player in modern basketball characterized by rapid rhythm and instability in terms of frequency and diversity of movements, it is a combination of Maximum speed and less than maximum and transitional speed and jumps and anchors and change of direction, as imposed by the circumstances of the game, and this is what **Ayman Khazal Abdah (2014)** said: During the game the player performs a lot of movements that require speed and strength such as fast running and changing direction quickly, all of this prompted the coaches to take these things into account and to the need to adopt various modern methods and training methods, In order to develop the physical, skill, planning and psychological condition of the players and raise the level of sports achievement and upgrade this game**. (Ayman Khazal Abdah, 2014: 24),** This requires players to enjoy a high ability to maintain performance effectiveness for as long as possible, only through proper planning based on advanced scientific foundations while upgrading training methods and developing technological tools and devices.

One of the most important requirements that must be met by the basketball player, especially among the young groups that we are studying, is the attribute of speed and dribbling skill, where **Madjid Al-mouali (2017)** said that: fast starts in basketball are important because they are one of the most events performed by the player during the game where it focuses on short distances in the shortest possible time, The various studies related to the subject of the study, which considered speed to be one of the main requirements of the

modern basketball player, where speed is one of the main components of fitness elements, hence the importance of the dribbling skill in getting rid of the opposing player and carrying out adverse and rapid attacks against the opposing team. **(Madjid al-Mouali, 2017: 89**).

Sports training is an art when the coach analyzes and exploits the data he writes and employs in the training program he has built, the methods of this analysis and the use of this data depend largely on the coach's experience and comprehensive information about basketball and the category he trains and its requirements and blow up the energies of athletes and their functional, physical and skill abilities... Means and components of the success of annual training programs, as the higher the level of competition, the more important it is to underline the various training courses and programs for players to develop various aspects and requirements of the competition.

(Sadouk Hamza, Kabouya Mohammed, 2020: 414).

The researchers **jean Luc Kayla and Remy Lacrompe** say that the goal of each training is to prepare well for the competition through the development of physical abilities, skill, planning, and psychological preparations for the eyes **(jean luc cayla, rémy lacrampe, 2007: 29)**, and adds **Hanafi Mahmud Mukhtar (2000):** that the coach should work to stabilize the basic skills so that they perform accurately and mastery during training, and perform in conditions similar to the conditions of the game such as training with the colleague. This is what integrated training seeks, which takes into account the preparation of all the factors involved of sports excellence.

(**Hanafi Mahmud Mukhtar, 2000: 177**).

Alexandre Dellal (2008) defines integrated training: as training that aims to increase the player's ability to perform short and fast distances repeatedly during the same exercise, so one of his most important objectives in training plans is to work on the development of the fitness of players in general. **(Alexandre Dellal, 2008: 158).**

From these valuable data, the researchers believe that the physical preparation and skill integrated with the proposed program is the process of mixing physical exercises and skills according to what the game requires and embodying them in daily exercises, which aim to create different physiological effects under the influence of competitively repeated physical activity during training, and in light of all the above and the opinions of the researchers valued in the theories and methods of sports training in basketball we saw the introduction of The next **general question** that addresses and explains the problem:

Is the proposed training program using mixed and repetitive training effective in developing the speed and dribbling skill of the basketball players (u13)?

As for the **partial questions**, they are as follows:

- Are there differences in the characteristic of speed and dribbling skill between the pré and post testing in the experimental group?.
- Are there differences in the speed and dribbling skill between the control and experimental groups in the two post tests?

The **general hypothesis** was:

- For the proposed training program using mixed and repetitive training effectively to develop the character of speed and dribbling skill of the basketball players (U13).

The **partial hypotheses** are as follows:

- There are differences in the characteristic of speed and dribbling skill between the pré and post testing in the experimental group.
- There are differences in the speed and dribbling skill between the control and experimental groups the two post tests.

She has studied many topics similar to this subject, including:

- The study of **cheriet Houssam El-Din and others**, which came under the title: "**proposing training units based on mini-games to improve response speed and speed of motor performance for basketball players under 13 years old**. The study aimed to know the impact of these proposed units on improving response speed and speed of performance. kinematics among basketball players, where the experimental method was used on a random sample of 14 players under the age of 13. We also used tests for physical characteristics and kinetic abilities in addition to the training program that includes 16 training units. The results showed that there were statistical differences between the tribal tests and posttests for the speed of response and speed of motor performance of the experimental group.
- **Baker Kamal's** study, which came under the title: "**weight training for the development of the characteristic of strength with speed and its impact on the skill performance of basketball players**." This study is based on the experimental method because of its relevance to the nature of this topic. The research sample was divided into two active teams at the same level, and after processing the data statistically, it was found that the majority of the results had statistical significance as the use of the weight training method to develop strength characteristics with speed had a positive effect on performance skills for basketball players.

- In addition to the study of **Muhammad Abdul Rahim 2003**: "**Basics of offensive skill and planning in basketball**", where the researcher used the descriptive analytical method to explain the basic skills in the offensive situations of basketball players, it was concluded that the process of developing and mastering the basic skills of basketball is very important and this is done through continuous training to reach a state of better harmony and reach the highest levels of modern basketball, which is the essence of technical maneuvers in basketball where those exercises depend on basic skills.

(Mohammed Abdel Rahim, 2003: 41).

- Study of **Khalil Fatima Al-Zahra, Chetiwi Abdul Malik (2018)**: "**Suggesting a training program to develop the skills of jumping and shooting among young basketball players (09-12 years)**, where the study aimed to know the effectiveness of the proposed program on developing the skills of jumping and shooting on a sample of individuals." The study was based on the experimental method with one experimental group, and the study sample included 15 players from Biskra City Sports Club for basketball. for the experimental group.

2- General objective of the study:

- Knowing the statistical differences in the characteristic of transitional speed and dribbling skill between the pré and post testing in the experimental group.
- knowing the statistical differences in the characteristic of transitional speed and dribbling skill between the control and experimental groups in the post-test.
- Reveal the effectiveness of the proposed training program using mixed and repetitive training in the development of speed and dribbling skill of the basketball players (13).

The importance of the study:

- The study acquires its importance through the researcher's proposal for a training program directed to basketball players (U13) to know its effectiveness in developing the characteristics of transition speed and dribbling skill, where they are two of the main requirements in modern basketball, as the researcher hopes that this study will provide a scientific addition and a process that helps researchers in the academic and training fields, The study also draws its importance by highlighting the importance of combining physical and skill work for

emerging basketball players and the importance of realistically blended workouts in the field of sports training.

- The study also draws its value by highlighting the modern training methods used with young groups in basketball and the recent qualitative leaps in new and enjoyable solutions to link physical work with the skilled side to remedy possible shortcomings and to show the relationship between physical qualities and the performance of basic basketball skills.
- Addressed the topic of planning training courses as an important concept in the field of sports training, where it is imposed on the trainers the need to underline programs and training courses based on scientific foundations and based on the use of new methods and methods training concepts.

3- Procedural definition of the concepts mentioned in the research:

3-1- Training program: It is a process based on experience gained from sports practice and accurate and comprehensive knowledge of sports sciences in order to build (long-term) training through the training goal and the individual level of acquired excellence.

(Khawla tamerat, guelati yazid, 2021: 266).

3-2- Mixed (integrated) training: is a way to develop the physical aspect by using football's motor abilities by modifying physical qualities within the real conditions of the game.

(Fédéric Lambertin, 2000: 09).

3-3- Repetitive training: this method is characterized of the Maximum intensity during the operation which done in similar as in the competition in all characteristics, and it must to give an long phases of rest between the small repetition to get good intensity with high level. (**Seraiaia Djamel and others, 2022: 495**).

3-4- Transitional speed: the ability to move or move from one place to another as quickly as possible, which means trying to overcome a certain distance in the shortest possible time.

(Alaa Hammoudi and others, 2021: 107).

3-5- Dribbling skill: It is an effective offensive method to move from one place to another and get rid of the opponent when there is no room to use the pass, so it is the basic offensive skill whose performance requires great neuromuscular coordination.

(Khalil Fatima Al-Zahra, chetiwi Abdel Malik , 2018: 190).

4- The methodological procedures used in the study:

4-1- Method and tools: it is the road leading to the desired goal or the invisible thread that pulls the research from its beginning to the end in order to reach certain results. **(Boussadia Yakoub, 2021: 811).**

-In our study, we relied on the experimental approach of the two groups (control - experimental) and this is to suit the nature of the subject as it allows us to verify the validity of the hypotheses that have been formulated, and is defined as an objective observation of a particular phenomenon in the field of sports that occurs in a particular situation and includes one or more variables while proving other variables. **(Muhammad Omar Zayan, 1983: 117).**

- Study community: To study any problem we need to collect all the information and data related to the subject of the study, where it is defined as all individuals, events or things who are the problem of research. **(Mohammed Abdel Fattah Al-Sirfi, 2009: 185-186).**

-In our study, the study community represents all basketball players under the age of 13 who are at the level of the State of M'sila.

- Sample study: The sample is defined as part of the indigenous community containing some elements selected from it in a certain way to study the characteristics of the indigenous community.

(Mohammed Abdel Fattah Al-Sirfi, 2009: 185-186).

- In our study, they are a group of players who were deliberately selected and consisted of 20 basketball players under the age of 13.

- Research areas: The research was carried out within the following areas:

- Spatial domain: Experimental research was carried out in the basketball courts of the First November School, located near the Directorate of Education in the Wilayat of M'sila.

- Time scope: The research was carried out from November 2021 to March 2022, and the field study was divided into 3 phases:

- Tribal tests stage: the dimensional measurement of the study variables (speed and dribbling skill) was applied on Tuesday, February 01, 2022.

- Training program implementation phase: Our proposed training program consisted of 12 training sessions, which were implemented at a rate of two sessions per week, from Sunday, February 06, 2022 until Tuesday, March 15, 2022.

- Post-test stage: The post-measurement of the study variables (speed and dribbling skill) was applied on Sunday, March 20, 2022.

- Equivalence and homogeneity of the study sample:

Table 01: Represents sample homogeneity in terms of age, height and weight, and pré test results (Akramov - dribbling skill).

Group	Variables	Value of (F)	(F) indication	differences
Control and experimental group	Age	0,375	0,548	Do not exist
	Height	0,12	0,913	
	Weight	3,712	0,70	
	The pré test of akramov	3,25	0,088	
	The pré test of dribbling skill	2,84	0,109	
Sample : 20	Level of significance : 0,05			

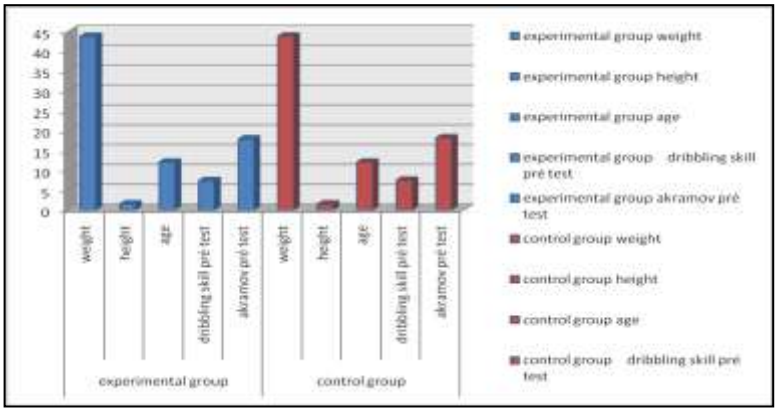

Figure1. Homogeneity of the two groups samples

-Through table No.01 It is clear that there are no statistical differences between the control and experimental groups in the age, height, weight and pré test results of Akramov and dribbling skill test, where the value of F (0.375 - 0.12 - 3.71 - 3.240 – 2,844) respectively, while the F indication value (0.548 - 0.913 - 0.70 - 0.088 – 0.109) respectively, was greater than the level of indication 0.05, and it can be said that there is an equivalent and homogeneity between the control and experimental groups in all the specific variables to start the application of the training program.

- Research tools: The researcher used the following tools in his research:

- Test tool: Testing in the sports field is defined as a set of thrills that are provided to an individual to provoke responses that are essential to giving him a digital score that is an indicator of the amount he possesses from the characteristic measured by the test**. (Ary.D, 1996: 233),** and the researcher relied in his study on the following tests:

- First Test: Akramov Test.

The goal of the test: measure the transitional speed of the player.

(Sedouki bilal, 2021: 470).

- Second Test: Running the glaze with the ball jumping.

The goal of the test: to measure the skill of dribbling of the basketball player. **(Muhammad Hassan Allawi, 1987: 363-364).**

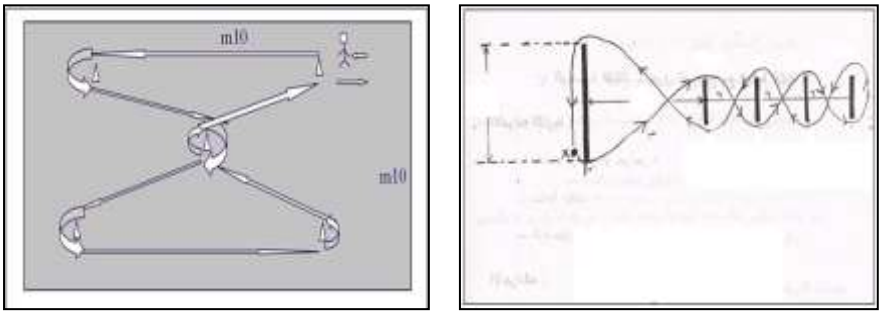

Figure 01: represents how to perform the akramov and the dribbling skill Test.

- The scientific foundations of the tool: Mekadame abdul Hafeez defines it as: "the accuracy and stability of the results shown if applied to a sample of individuals on two different occasions".

(Mokadame Abdul Hafeez, 1993: 52).

Table 03: Represents the results of the stability and Validity of the Akramov test and the Dribbling skill test.

Group	Tools	Test stability	Validity of the test
Experimental (Pré and Post test)	Akramov	0,971	0,985
	Dribbling skill test	0,635	0,797
Sample : 05	Level of significance : 0,05		

- Through table 03, it is clear that the mathematically obtained values for both the stability and validity of the study tests are high, with the value of the stability factor for the Akramov test and the jumping-running test (0,995-0,983), respectively, and the value of the honesty factor for the same tests was high (0,997-0,991), respectively, indicating that the tests applied in the study are highly consistent and honest.

4-2- Presentation, Discussion, Analysis and interpretation of the results:

1- Presentation and analysis of results:

Table 04: Represents the results of the experimental group in the pré and post measure of the akramov and Dribbling skill test.

Group	Tools	(T) calculated	(T) indication	indication
Experimental (Pré and Post test)	Akramov	4,856	0,001	exist
	Dribbling skill test	4,541	0,001	exist
Sample : 10	Level of significance : 0,05			

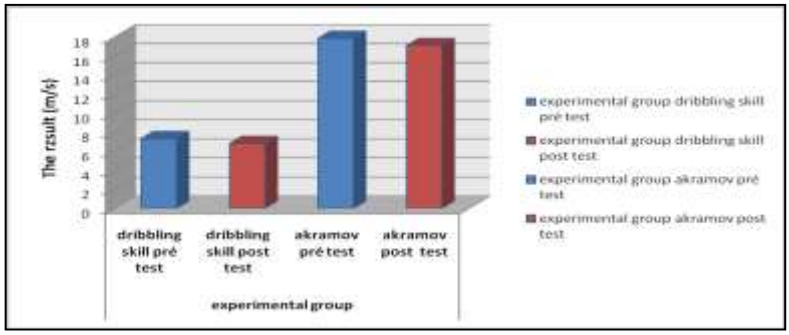

Figure 02: represent The results of the experimental group in the pré and post measure of akramov and dribbling skill test.

1-1- Analysis and interpretation the results of the first hypothesis validity test:

Through the table, it was found that the experimental group achieved in the pré measurement of akramov test with a mathematical average of (17,82) and a standard deviation of (0,322), and in dribbling skill test achieved a mathematical average of (7,33) and a standard deviation of (0.0,392), but in the post measurement, it achieved in akramov test a mathematical average of (17,08) and a standard

deviation of (0.582), and in the dribbling skill test while achieved a mathematical average of (6,845) and a standard deviation of (0.362), The value of (t) calculated for the akramov test was (4,586) at the degree of freedom (09) and the indication (t) of the same test (0,001) at the level of indication 0.05, while The value of (t) calculated for the dribbling skill test (4,541) at the degree of freedom (09) and the indication (t) of the same test (0,001) at the level of indication (0.05), Given the value of the T-indication of the two tests, it is below the 0.05 indication level, which indicates statistical differences between pré and post measurement in the characteristics of Transitional speed and dribbling skills of basketball players under the age of 13, the researchers attribute the reasons for this results to the impact of the training program applied using integrated and repetitive training, and our study is consistent with what indicated by the study of **Cheriet houssam al-din and others,** and the study of **Baker kamal**, in that there are statistical differences in the results of the tribal and remote test in the experimental group in the variables studied, where **Medjadi Fateh and others** state that: You should rely on the science of training in selecting training and identifying modern methods and methods used in the application of training programs, as **Erick Mombaerts** says in **1996**: The coach must put his players at a permanent level and connected to the ball in order to get enough adaptation, and **Alexander Dallal (2013)** pointed out that: integrated training is among the exercises characterized by the integration of qualities and peculiarities of activity in physical work, which allows the acquisition of the physical abilities and skill of the players.

- Through all this, it can be said that the results of our study agreed with the study of **Cheriet houssam al-din,** and the study of **Baker kamal**, and therefore it can be said that the first hypothesis, **has been achieved**.

Table 05: Represents the results of the post test of the control and experimental groups of the akramov and the dribbling skill test.

Test	Tools	Group	(T) calculated	(T) indication	indication
Post test	Akramov	Control	4,208	0,001	exist
		Experimental			
	Dribbling	Control	4,765	0,001	exist

	skill test	Experimental			
Sample : 10		Level of significance : 0,05			

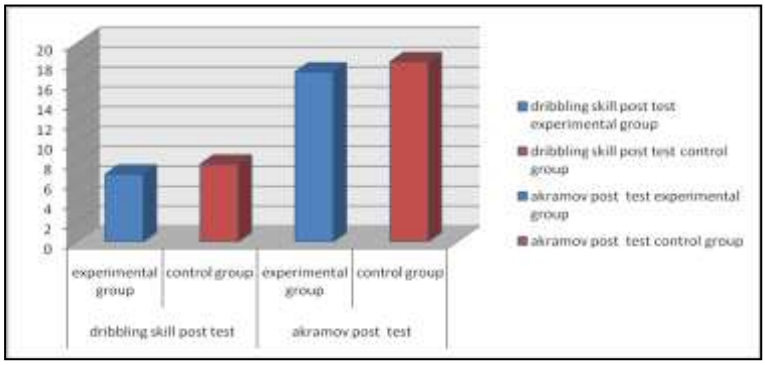

Figure 03: represent The results of the control and experimental group in the post test of Akramov and dribbling skill test.

1-2- Analysis and interpretation the results of the second hypothesis validity test:

- Through the table, it was found that the experimental group achieved in the post measurement of the Akramov test a mathematically average (18,87) and a standard deviation of (1,203) but in the dribbling skill test achieved a mathematical average of (7,824) and a deviation of the standard of (0,539), The control group achieved at the same measurement of the Akramov test with a mathematical average of (17,11) and a standard deviation of (0.575) but in the dribbling test achieved a mathematical average of (6,845) and a standard deviation of (0.362), and the value of (t) calculated for the vertical jump test of stability was (4,208) at the degree of freedom (18) and the indication (t) of the same test (0,001) At the indication level of 0.05, while the value of (t) calculated for the long jump test of the constant (4,765) at the degree of freedom (18) and the indication (t) of the same test (0,001) at the indication level was 0.05, Given the value of the "t" indication of the two tests, it is below the level of significance (0.05), which indicates statistical differences between the control and experimental groups in the post measurement in the transition speed an dribbling skill of basketball players under the age of 13. our study agreed with the study of **Mohammed Abdul Rahim 2003**, and the study of the **Khalil Fatima al-zahra, Chetiwi abdul malik 2018**, in that there are statistical differences in the results of the remote test between the two control and experimental groups in the variables studied, The process of developing and mastering the basic skills of

basketball is very important and is developed and installed by the player through continuous training in order to reach a better state of harmony and reach the higher levels in modern basketball, where **Saad Mohsen Ismail (1996)** asserts: any training inevitably leads to the development of achievement, if built on a scientific basis (training principles - intensity - repetitions - comfort) and taking into account individual differences and under the supervision of specialists and under good training conditions, **Fawzi 2004** also stresses: that training programs are important in developing the skill capabilities of the basketball player, where the element of speed is of great importance in this game, especially in the skill of dribbling that requires speed of implementation.

- Through all this, it can be said that the results of our study agreed with the study of **Mohammed Abdul Rahim 2003**, and the study of the **Khalil Fatima al-zahra, Chetiwi abdul malik 2018**, and it can be said that the second hypothesis: there are statistical differences between the results of the post tests in the control and experimental groups in the form of transitional speed and the dribbling skill, **has been achieved.**

Table 06: Cohen's test results represent a measure of the magnitude of the impact the course has on the experimental group.

Group	Tools	(T) calculated	(T) indication	Test cohen's (effect size)
Experimental (Pré and Post test)	Akramov	4,856	0,001	1,541
	Dribbling skill test	4,541	0,001	1,437
Sample : 10	Level of significance : 0,05			

1-3- Analysis and interpretation of the results: of the general hypothesis validity test:

Through the table, it was found that the experimental group achieved in the pré measurement of akramov test with a mathematical average of (17,82) and a standard deviation of (0,322), and in dribbling skill test achieved a mathematical average of (7,33) and a standard deviation of (0.0,392), but in the post measurement, it achieved in akramov test a mathematical average of (17,08) and a standard deviation of (0.582), and in the dribbling skill test while achieved a

mathematical average of (6,845) and a standard deviation of (0.362), The value of (t) calculated for the akramov test was (4,586) at the degree of freedom (09) and the indication (t) of the same test (0,001) at the level of indication 0.05, while The value of (t) calculated for the dribbling skill test (4,541) at the degree of freedom (09) and the indication (t) of the same test (0,001) at the level of indication (0.05), and the Cohen's test of akramov and dribbling skill test was (2,962-1,967) respectively at the indication level were 0.05, which is a large effect because it is larger than the coefficient (0.8), indicating a significant impact. This means that the proposed training course has had a significant impact on improving the status of transitional speed and the dribbling skill of basketball players under the age of 13. and our study is consistent with the study of **Cheriet houssam al-din and others**, and the study of **Khalil Fatima al-zahra, Chetiwi abdul malik 2018**, in that the training program is one of the positive impact and a significant development in the variables studied, **Miller & Bartlett 1996**: "Basketball is characterized by speed, excitement and enthusiasm, it is a mixture of defensive and offensive skills, and **Ibrahim Mohamed Al-Mahsana 2006** confirms: the skill of evasiveness has a word of the result of the games, as all the efforts made by players inside the stadium are in the service of scoring points, which requires him to combine several physical abilities and mobility harmonic between the working muscles **(Sadouk Hamza, Kabouya Mohammed, 2020: 430),** as the **Mufti of Ibrahim Hammad 2012** asserts: The skill of dribbling is one of the most important pillars of the player and that good evasiveness, control, and mastery mean the ability to present the most beautiful individual offers and a key to the application of plans and progress on the competitor.

- Through all this, it can be said that the results of our study agree with the study of **Cheriet houssam al-din and others**, and the study of **Khalil Fatima al-zahra, Chetiwi abdul malik 2018**, from which it can be said that the general hypothesis, **has been achieved.**

Conclusion:

- Through our study, we were able to highlight basketball, as one of the most famous sports where it is considered from sports activities that have been very well received and received from a different society, and basketball is characterized by excitement by identifying some of its physical requirements and skill looking at the high fitness

and skills needed by its practitioners, and to ensure the required effectiveness in competitions and demonstrations, whether local a and international.

- In our research, we focused on the characteristic of speed and the skill of evasiveness as a basic and serious requirement for the basketball player, and this is by proposing a training program based on proper and good planning according to scientific bases and principles and using integrated training to develop these two variables that are the subject of our study, and we ended up raising the problem related to this research, which we tried hard to reach to solve by using theoretical studies, and by looking at as many as possible From the references related to the research, we also used various methods and tools of research.
- This is what **Bedjaoui Fadli (2015):** pointed out: good and proper planning built and organized according to scientific foundations necessarily leads to an effective and positive impact on the variables under study **(Belferitis Yassin, Ghannam Noureddine, 2020: 240)**, as **Saad Mohsen Ismail (1996)** asserts: any training inevitably leads to the development of achievement, if built on a scientific basis (principles of training - intensity - repetitions - comfort) and taking into account individual differences and under the supervision of specialists and good training conditions. Through all of the above, we have found differences between tribal and distance testing in the results of the experimental group obtained from the application of both the Akramov test and the dodgy test and the effectiveness of the proposed training program and that the intermediate training course using mixed training is effective in developing the character of speed and the skill of the interlocutor (evasive) in basketball players under the age of 13.

1- Results: After all that was done in terms of presentation, analysis, and discussion to verify the validity of the hypotheses, the following results were reached:

- The results of the statistical treatment resulted in statistical differences between tribal and remote testing in the results of the experimental group obtained from the application of both the Akramov test and the dodgy test, where the proposed training program was applied to it with integrated training to raise the level of physical and skill performance among basketball players under the age of 13.

- The results of the statistical treatment resulted in statistical differences between the post test in the results of the control and experimental groups obtained from the application of both the Akramov test and the dribbling test, where the experimental group was subjected to the proposed training program with integrated and repetitive training (physical and skill training with the ball in the same exercise) to raise the physical and skill level of basketball players under the age of 13.
- The results of the statistical treatment revealed that the proposed training program with integrated training has a positive and significant impact on the variables subject to study (speed characteristic - dodgy skill) and this is due to the results of the experimental group achieved in the distance tests compared to the results achieved in tribal tests, where it was subjected to the experimental group for field treatment (training program) which includes physical and skill training integrated with the ball during training sessions.

2- Suggestions: In light of the results obtained, the following suggestions were formulated:

-Use the method of training integrated with the ball and diversify the training methods of basketball players and help them and increase and develop and develop their abilities to read and anticipate the movements of the opponent, and put the players in changing positions similar to the competition and to adapt before the competition and its diversity in events.
- Planning training programs based on integrated training to develop the physical qualities and basic skills of young people in the basketball game.
- Applying the various physical tests and skills needed to young people at the beginning of each training season to detect their physical and skill level, which helped to underline the training programs based on the results of these tests.
- Encourage researchers to conduct similar studies on other different samples in terms of sex, category, and age or even in other disciplines.
- Provide all the material capabilities (equipment and means) and humans (trainers and specialists) to carry out the best training to get and achieve the best possible results.

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