

Brief Discussion on Basketball Movement and Its Developmental Trend

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Abstract

On the basis of having adequate information about basketball movement, and in the face of the changeable, poly-type, multi-class and diversified developmental trend of the basketball movement in the modern society, this paper summarizes the development and advantages of the basketball movement. This provides better popularization and reference for the basketball movement.

Keywords: trend of development, confrontation, instructive significance

1. Development of Basketball

1.1 *The Source of Basketball*

The movement of basketball originated from US and was invented in the year 1891 by Dr. James Naismith, a sports teacher in the training sports school in the Young Men's Christian Association in Springfield.

Dr. James Naismith was inspired by the game in which the children then threw balls into a peach basket. By synthesizing the activity characteristics of some other projects, Dr. James Naismith designed a game which calculated score and victory or defeat according to accuracy of the ball throwing. As a basket filling peaches and a ball were used at the very beginning, the game was named "basketball game".

Development of basketball movement can not go without change of the competition rule, improvement of the physical fitness, confrontation of offense and defense and evolvement of technology and tactics. They are mutually dependent and help each other forward, pushing the basketball movement develop towards a higher and stronger level. As a kind of global spiritual culture and cultural landscape, basketball movement will further be rapidly popularized and improved in development, which is mainly reflected in the following several aspects.

1.1.1 Popularization of the Basketball Movement across the World

The basketball movement is positively promoted among people from all walks of life who show great interest in the basketball movement. Furthermore, owing to its own feature of noumenon, rules and functions, basketball movement is imbued with vitality. Therefore, recreational basketball movement will further be popularized worldwide and will become a global social culture worthy of its name and become an instrument and means for the public fitness and for cultivating morality and health. This kind of atmosphere of movement with humanistic and cultural color will be continuously deepened and become a particular component of people's daily life after being merged with particular social humanistic landscape. Especially in developing countries, development of the basketball movement will be more extensive. Whether in the leisure facility of the community or on the playground of the school, the basketball court everywhere has provided necessary conditions for development of the basketball movement.

1.1.2 The Fitness and Instructive Significance of the Basketball Movement in the Schools and Its Abundant Activity Patterns

The functions of the basketball movement in increasing one's intelligence, fitness, education, publicity and social intercourse have been more and more recognized by both students and teachers. Positive launching of basketball movement in the school will become a special education form to enrich campus cultural life, strengthen physical quality of both teachers and students, improve the fitness level, cultivate their taste, temper their willpower, cultivate their conduct, train the teamwork spirit and intensify the sense of mission and consciousness of

reputation. The abundant activity patterns will more appeal to students. The basketball fans association will become a basic community organization in the university campus. Each year, the universities convey a large number of excellent athletes to professional league matches.

1.1.3 Professional Basketball Movement Spreads All over the World and Commercialization of Basketball Industry Enables the Basketball Movement to Be More Appreciated

The high-grade, precision and advancedness of the competitive level in professional basketball match has given rise to economic benefits. Not only is the basketball movement recognized, but also basketball has its new development direction in the new century. Basketball match is held in each country and district all over the world. The extensive construction of professional basketball clubs worldwide and the commercialized match endow the professional league match with more vitality. The more and more normative basketball industry has facilitated development of basketball and commercialized behaviors will be improved and operated pursuant to the law in daily standardization. This will gradually form an emerging industry and promote development of relative industries. In the face of the continuously updating of the new rules, system and management methods in basketball organizations in different countries, new requirements are proposed to adapt to people's appreciation, fitness and development of scientific and artistic basketball competitive movement.

1.1.4 Combination of the Basketball Movement with Science and Technology Makes Basketball Theory and Practice Form New Competitive Structure and Competitive System

The influence of modern science and technology on the basketball movement has changed the traditional basketball concept and has proposed new creation requirements on basketball theory, technology, tactics and its physical capacity level and training means. The practical training means will be more scientized. Diversified science and technology will be combined with practice of training and competition to lead to new changes in the concept of basketball. New theoretical viewpoints will emerge in endlessly and new technology and tactics will also emerge continuously. Accordingly, the basketball movement will also have new rules. The competition and match system will be continuously updated and new rules will continue to be enriched and developed, which forms new structure and new system ranging from basketball theory to basketball practice.

1.1.5 Competitive Basketball Players Compete for Supremacy and Their Technique and Tactics Vary in Style

Since basketball development varies in different countries and districts, it is necessary that a powerful team leads a weak team to improve and develop basketball movement all over the world. However, generally speaking, USA is still running ahead of other countries and areas in terms of basketball development and will take the lead within a given period of time. Of course, the power of all countries is approaching and, accordingly, the ranking will also take turns repeatedly. Asian, Australia and African countries are challenges advanced great powers. The overall developmental direction of basketball movement is towards the general trend of big figure and strong body, toughness and tenaciousness, activeness and speediness, alertness and variedness as well as comprehensiveness and accuracy and towards styles of different schools and various ways of playing. Extraordinary individual capacity of an excellent athlete also affects the process of a basketball match. In a NBA match, often a game rule is modified due to a certain athlete. This is aimed to restrain advantages of some athletes in certain aspect and keep balance of the match. Game rules also vary in different areas and difference of the rules facilitate balanced development of the game in different areas. Height and speed depend on each other and restrain mutually. Technology and tactics are further artistic, effective, changeable and comprehensive. The struggle between space and time tends to be more fierce and intense. All this has proposed higher requirements on the comprehensive physical function, humanistic quality and cultural morality of athletes.

2. Trend of Basketball Development

The ontology features and characteristics of the basketball movement will endow it with new connotation.

2.1 *The Idea of Basketball*

Currently, the basketball movement worldwide is developing towards professionalism and commercialization. This requires both coaches and athletes to make brand-new analysis of the basic rules and general development tendency of the basketball movement so as to summarize new train of thought and take new measures in the multi-element structure of their own training, management, coaching, participation in matches and creation of technology and tactics. This helps them to form a new structural system with combination of basketball theory and practice, which further integrates into their own specific idea. As a collective movement item, basketball not only has the function of fitness, but also has the instructive function. If basketball is a kind of educational means, education of humanism and personality is achieved through movement on the basketball court and moralization of personality is sublimated, in which it is a kind of humanistic basketball idea. The core of humanism is human

orientation. The object of education is a living person with thought and feeling instead of purely a machine of learning or an instrument for victory on the competition terrain. This is change in the idea of basketball movement. This is also the premise to build new basketball coaching thought, adapt and realize the objective of training competition, facilitate development of the basketball movement and mould a new image in an individual basketball career.

2.2 To Play Basketball with Mind

As the saying goes, the battle is to the strong. Nevertheless, with constant development of science and technology in the world, more and more natural science and technology come to be discovered and the social civilization becomes more and more advanced. Accordingly, science and technology is also transplanted and applied widely by competitive sports and it will become a reality to subvert the tradition concept that “who dares wins”. Experts engaged in basketball research have continuously emphasized on playing basketball within mind and wisdom and playing basketball that has its own culture and humanistic atmosphere. This is another new feature of basketball movement in the new century. The width and depth of knowledge in basketball by an athlete and the entire knowledge structure level of a basketball team is an important factor that has a direct effect on whether a coach is able to apply modern scientific knowledge to cultivate and develop an athlete. In the modern society, a basketball match is highly collective and comprehensive and requires an athlete to possess more intelligent wisdom and consciousness. Yet, necessary basic knowledge plays a role of guaranteeing in improving their consciousness in basketball. From the perspective of cultural learning, it is required for the athletes to make clear of the objective and for the coaches to arrange learning and discussion on some basketball theoretical knowledge with a definite plan and on purpose in the process of cultivating athletes to set up their consciousness of basketball, and, meanwhile, put the theoretical knowledge into competition and training. It is necessary to know and apply relative knowledge about the developmental trend of basketball movement and grasp basic theoretical knowledge of related subjects. Only when you know yourself as well as the enemy, can you fight a hundred battles with no danger of defeat. Besides, it is required to read some military strategies and tactics as well as battle cases at all times and all over the world. The cultural level of athletes in our country is generally lower than in other countries, which causes certain difficulty in comprehending the scientific principle of movement and training, the development trend of basketball and the rules of competition. As a result, in the process of competition, they might be lacking in flexibility and foreseeability in terms of application of technology and tactics. Therefore, it is necessary to strengthen theoretical learning and apply adequately the knowledge one has learnt into practice to enrich the consciousness of basketball and continuously improve the basketball movement capacity and level. Experience in the pleasure brought by basketball not only exercises the body, but also adds wings to the thought.

2.3 Faster Rhythm

With the development need of the technology and tactics of basketball movement, and, meanwhile, for further enhancing confrontation and commercialized value of appreciation of basketball match, the competition rules of basketball again makes speculations on diminishing the competition duration. The rules specify that not only the competition speed should be accelerated, but also the competition rhythm should be changed over and over again (Song, X., 2013). In order to adapt to the rhythm of training and development of tactics, the coaches and athletes should not only grasp and apply training technology, but should also improve their own physical quality. Competitive basketball movement is developing faster. It is the preliminary secret to occupy activeness in time to gain victory. There is no excellent basketball team in the world that does not gain victory with fast speed. Changes take place at every moment on the basketball court. Change of technology and tactics in basketball and change of rhythm requires the athletes to adapt with high speed response, which needs to be researched adequately in both theory and practice.

2.4 Stronger Physical Confrontation

Ever since professional athletes are allowed to take part in global basketball competition, one of the most obvious characteristics of modernization of modern basketball competition is confrontation of personal offense and defense and contest of physical fitness. Fundamental changes have also taken place in the traditional understanding of basketball movement. This is not only reflected in the way of thinking, the willpower, the physical body and the spirit and in the rational use of new technical means and tactics methods in the process of competition, but is also embodied in continuous evolving of the competition rules. For instance, challenge for the basketball under the backboard not only requires perfect physical quality, but also requires good technical capacity. An intrepid way of playing guarantees whether the above advantages can be played and whether an athlete is able to obtain the high-altitude advantage. The change of basketball game rules restrains the duration of

offense, requiring the offensive to deploy the tactics as fast as possible and take offense with the short duration of time. The defensive has to make physical contact in order to hold back the offensive, and takes intrepid defense by the defense means of compelling, tackling and interception to more modern basketball match more appreciated. A splendid and fierce competition occasion can bring joyful visual enjoyment to the audience. Therefore, a powerful basketball team intensifies cultivation of the style of fierceness and training of the basic strength of physical quality and function for more intrepid struggle (Yang, Y., and Ma, Y.W., 2013). Modern basketball movement can't go without combination of wisdom and fierceness, which is also the requirement of modern competitive basketball competition on athletes and coaches.

2.5 Higher Requirements

Basketball movement is a kind of throw movement, in which the offensive and the defensive generate chemical reaction between the space, the ground, the speed and the time. Different technical means and tactics formation embody the unique charm of modern basketball. The technical movement and rules in a basketball match are more complicated than in other sports balls. Challenge for possession of the basketball not only highlights ability of an individual athlete, but also demonstrates importance of team cooperation. Confrontation between athletes and fight between coaches on wits and courage are combined. Owing to new tactics and technical movement, both the technical skill level and movement performance of athletes are improved and have more artistic value and appreciation value. Accuracy of shooting at the basketball is the key to victory or defeat of a match. A match with high scores is mainly won by three point pitchers. Then, it is due to fast offense and defense transition. The defensive often has no time for defense. The speed of offense is accelerated, the offense times increase and the opportunities for shooting increase, a powerful pitcher is preparing to shoot at every moment and the center scrambles for the backboard, which are the one and the only way of winning scores. This requires a pitcher to possess perfect hand feeling. The training of shooting not only calls for diversification of shooting technique, but also requires high accuracy of shooting on a confrontation condition as well as good psychological quality of a pitcher. The mode of shooting, distance of shooting and opportunity seizing are the basic elements to judge a pitcher. A good pitcher is able to find appropriate shooting point in an adverse situation. Modern basketball movement stresses accuracy in shooting and is also particular about normalization and technicality of movement. The research shows that a normative technical movement has higher accuracy. Reasonable seizing of opportunities, transition of technology and tactics and reasonable combination of internal line and external line make the three point shooting average generally increased. This is one of the multiple set patterns for the basis of technical changes and for turning the tables in a match.

2.6 Comprehensive Movement

Modern basketball movement is a comprehensive, changeable, poly-type, and diversified movement program with confrontation of offense and defense. Victory or defeat in a basketball match determines whether the above elements can produce a chemical reaction and form a unified collective. A professional coach pays great attention to cultivating understanding of athletes in basketball movement and the consciousness of athletes in basketball in the process of training, managing and cultivating athletes. The coach attaches great importance to comprehensiveness of physical quality, psychological quality, capacity quality, technical quality, professional quality and moral quality of athletes. A modern athlete of high level often has high educational qualifications and quality. He can not only analyze and judge the situation on the competition court, but can also play to the score to adapt to different teams in the match and different ways of playing, keep a normal mental state under different circumstances at different competition stages and seize the initiative of the competition court. Development of basketball also requires the athletes to conduct comprehensive self-education and training. In that way, they are able to play any role in a match and make progress from playing on a fixed position to become a comprehensive and synthesized athlete. This, furthermore, creates favorable conditions for adding to the entire strength of the basketball team and improving themselves towards a versatile athlete. A comprehensive and synthesized team and athlete is the favorite of a modern basketball team and also the dazzling focus of appreciation by the audience of a professional league match. Production of basketball stars is an important symbol of modern competitive basketball match.

3. Instructive Significance of Basketball

A basketball match is not merely a practical progress of movement technology and tactics, but is also finished by such means as confrontation, changing time, space, running and jump shooting. Completion of a basketball needs to mobilize all organs and muscle on the body. Thus, from the physiological perspective, appropriate participation in basketball movement helps to promote human physiological function and psychological quality. Especially, it helps to improve functions of visceral organ and the working capacity of central nervous system,

enhance the vitality of the body and exercise the speed of physical sensitivity, the strength and bounce of the body. A modern basketball match has entered a new period of scientization, artistry and strategy. Mutual penetration and combination of technique and wisdom urges athletes not only to acquire good practical experience from basketball competition activities, but also to possess a strong figure and well-developed brain to assist them in accomplishing their professional career. Scientific and appropriate participation in basketball movement can have a comprehensive effect on exercising the physical function, adding to the cardiopulmonary vitality and cultivating both the body and the mind.

From the perspective of social pedagogics, basketball movement is organic combination of contemporary sports science and social pedagogics (Zhang, 2012, pp. 22-24). The instructive significance of basketball is also embodied incisively and vividly in the competition. The spirit of team cooperation, the spirit and contending for the first and the spirit of not giving up in order to gain victory are all worthy of praise. The basketball spirit has its unique social value in improving human social quality, enriching their social life content, promoting social intercourse and strengthening individual self-esteem and self-confidence. Basketball movement organizes group training and competition in the form of a basketball team and the tacit cooperation of athletes and the executive force of a coach's command are important to ensure that a team wins victory in the basketball competition. Tacit cooperation of athletes is acquired through ordinary training and the sense collective reputation is the spiritual pillar of a team. The role of a team member in the team is exactly the same as his role in the society. Therefore, the collective objective is unable to be achieved without whichever team member. The spirit of love of the collective, cultivation of favorable sense of responsibility and exercise of a toned body are not only the theme of contemporary social basketball competition, but also the necessary trend for development of basketball in the future.

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