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The effect of special exercises to develop balance, offensive movements of the legs and the accuracy of follow-up for the pivot players Youth 3 x 3 Basketball

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ABSTRACT

The research included four chapters included the first chapter introduction and the importance of the research as the game of basketball 3x3 of the games that have been developed in recent years and is similar to the usual basketball game in terms of the diversity of skills, that the pivot player who plays in the area near the basket needs skill, motor and physical abilities that differ from the distributed player or angle due to the nature of the main duties and plans performed by the player according to the playing centers, Through the foregoing, the importance of the research lies in the preparation of special exercises skill e kinetic related to the capabilities of control and motor control to develop the motor ability, which has a major role t in the development of the movement of the two men offensive under the basket, either the problem of research has been the lack of reliance on exercises skill motor that have a major role in raising the level of technical performance and the researcher touched on the objectives and hypotheses of the research, The second chapter of the research has included the research methodology, where the researcher used the experimental method, either in the third chapter the researcher touched on the presentation and analysis of the results, and in the fourth chapter the researcher touched on the most important conclusions, including, that the special exercises have a positive impact on the development of the movements of the two men offensive players for young pivot players 3x3 basketball, either recommendations have been represented in Emphasis on the use of special exercises to develop some motor abilities of young 3x3 basketball center.

Keywords:

3 x 3 Basketball ,
special exercises ,
players Youth ,

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1- Definition of research

1.1 Introduction and importance of the research

The 3x3 basketball game is one of the games that have been developed in recent years, and it is similar to the usual basketball game in terms of the diversity of its skills and the way of playing according to the positions according to the capabilities of the players and their tactical, technical, physical and skill capabilities, the pivot player who plays in the area near the basket needs skill, kinetic and physical abilities that differ from the distributed player or angle due to the nature of the main duties and plans and according to the playing centers.

Through the foregoing, the importance of the research lies in the preparation of special exercises skill e motor related to the capabilities of control and motor control to develop the motor ability that has a major role in the development of the movement of the offensive legs under the basket for the purpose of giving a clear and accurate scientific indicator to the trainers to develop this ability and the use of appropriate training methods to develop the rest of the capabilities Because developing them will contribute to reaching high skill performance by improving the accuracy of performance in the implementation of the technical skills required to be performed during play.

1.2 Research problem

The research problem was embodied in the presence of weakness in the motor and skill abilities of the offensive movements of the two legs and the accuracy of follow-up for the young pivot players 3x3 basketball, due to the lack of sufficient time in training and focus in the development of the ability or various abilities during the training units by most of the coaches and this is what the researcher noticed being a former player and coach and during watching the 3x3 basketball championship for youth held by the sub-union in the province Dhi Qar (2023/2024), it was noted that there is a clear weakness in the performance of the offensive movements of the two men and the accuracy of the follow-up of the pivot players under the basket, and the researcher believes that the reason for this is the lack of reliance on motor skill exercises that have a major role in raising the level of technical performance.

1.3 Research Objectives

1. Preparing special exercises to develop balance and offensive movements of the legs and the accuracy of the follow-up ball and shooting for the young pivot players in basketball 3×3.
2. Identify the effect of special exercises in developing balance for young pivot players 3x3 basketball.
3. Identify the effect of special exercises in developing the offensive movements of the legs and the accuracy of follow-up and shooting for young pivot players 3x3 basketball.

1.4 Research hypothesis

1. Special exercises have an impact on developing balance for young 3x3 basketball centres.
2. There is an effect of special exercises in the development of offensive movements of the legs and the accuracy of follow-up and shooting for young 3x3 basketball pivot players before and after receiving the ball.

1.5 Research areas

1-5-1 Human field: Young pivot players in Dhi Qar Governorate in basketball 3x3 for the season (2023-2024).

1-5-2 Time Range: From (18/12/2024) to (10/2/2025).

1-5-3 Spatial area: Martyr Haider Kamel Burhan Indoor Sports Hall - Dhi Qar Governorate.

2 - Research methodology and field procedures:

2-1 Research methodology: The researcher used the experimental method by designing (equivalent groups - experimental and control) to suit the nature of the research and its problem.

2.2 Research sample:

The research community was identified with the young basketball 3x3 pivot players for the season (2023-2024) in Dhi Qar Governorate, and the number of eight players, and the sample represented the community itself, and the researcher distributed them into two control and experimental groups by lottery to be (4) players in each group.

2-3 Methods, tools and devices used in research:

2.3.1 Means of collecting information:

- | | |
|-------------------------------|--------------------------------|
| 1 - Arab and foreign sources. | 2 - World Wide Web (Internet). |
| 3 - Observation. | 4 - Tests and measurement. |

2.3.2 Tools and devices used in research:

- | | |
|--|---|
| 1 - Half a legal basketball court. | 2 - Basketball (8) type (Molten). |
| 3 - Two (2) Chinese-made electronic stopwatches. | 4 - Tennis balls number (8). |
| 5 - Signs number (10) of different heights. | 6 - Metal tape measure length of 25 m. |
| 7 - Fox type whistle number (3). | 8 - Ground ladder with a length of 5 m. |
| 9 - Medical balls number (4) different weights and sizes. 10 - barriers with a height of 30 cm number (4). | |
| 11 - Round collars with a diameter of 60 cm, number (8). 12 - Chinese-made Sony type camera. | |
| 13 - A computer type (HP) of Chinese origin. | |

2.4 Homogeneity and equivalence of the sample:

The researcher verified the homogeneity and equivalence of the members of the research sample in the balance tests and the movements of the two legs offensive and offensive follow-up through tribal tests using the homogeneity test (Levene- test) between the experimental and control groups and the use of (test-t) for independent samples between the experimental and control groups to find equivalence. As shown in Table 1.

Table (1)

Shows homogeneity and equivalence of the sample

Significance	Significance level for equivalence test	Calculated value (T)	Significance level for Levin test for homogeneity	Value (F) LEVENE	Unit of measurement	auditions	t
Moral	0.70	0.39	0.50	0.50	degree	Jump over the marked marks on the ground	1
Moral	0.160	1.60	0.31	3.04	degree	Offensive leg movements	2
Moral	0.537	0.65	0.26	1.50	degree	Follow the ball and shoot	3

2.5 Description of the tests used in the research

2.5.1 Balance test: Test name: 1Transition test above marks (11) marks zigzag for a distance of (10) m (moving balance) ()

Purpose of the test: to measure balance during and after movement.

Tools : stopwatch, tape measure, 11 signs.

Performance specifications: The tester stands on the starting line with the right foot and then stands on the mark (1) with the left foot comb (it is noted that the mark is covered with the foot) and tries to stabilize in this position and then jumps to the mark (2) to stand on the right foot metatarsal and so on until it reaches the last mark in the same way in each leap and the distance between the starting line and the first mark (1 m).

Calculation of the score: The laboratory records 10 points for each correct jump attempt and stability for five seconds on the specified mark, and each player is given two attempts and the best of them are calculated

2.5.2 Testing the offensive movements of the legs

Test name: Evaluation of the technical performance of the offensive movements of the two men.

Purpose of the test: To evaluate the technical performance of the offensive movements of the legs through the specific performance manifestation before and after receiving the ball.

Tools used : half court, legal basketball, skill performance form for the offensive movements of the two men, grade registration form , three signs and a whistle .

How to perform: The player stands at the starting point near the (A-B) area on the right side of the forbidden area (the low fulcrum area at the middle of the lateral line of the forbidden area) The test begins with a whistle from the referee by performing the offensive

(1) winner refers to Hamoudat and Muayad Abdullah: basketball, Dar Al-Kutub for printing and publishing, University of Mosul, p 54, 2nd edition, 1991

movements of the two men and includes two attempts before receiving the ball and two attempts after receiving the ball and then moving to the high fulcrum area near the free throw line and the performance of four Attempts to the movements of the two men offensive before after receiving the ball after the referee's whistle and receiving the ball from the player standing in the area facing the free throw line and then moving to the third area, which is the area (A-B) on the left side of the forbidden area and performing the same four attempts after the referee's whistle and receiving the ball from the player standing in the left wing area.

Test conditions:

1. The evaluation is carried out by the researcher two referees based on the form of evaluation of the skill performances of the movements of the two legs offensive
2. Performing the offensive movements of the two legs with the ball in a legal manner without falling into the violation, as it is not permissible to move the pivot man after stopping the movement.
3. Not to repeat the same movement when the four attempts, but rather the diversity and use of the right leg and the left leg in deception, pivot, rotation and entry from the right or left side.
4. One player performs (12) different attempts distributed over the specified areas by four attempts per area. **Registration** : The referee evaluates four attempts for each player and the best two attempts are chosen in each of the three areas specified in the test before and after receiving the ball and the best attempt is calculated before receiving and the best attempt after receiving and the total is ten degrees for each region and then takes the total score in the three regions and divides by three to be the final score of the test ten.

3-5-4 -2 Ball follow-up test and correction⁽¹⁾

Test name : Follow the ball and shoot.

Purpose of the test: Assessment of the accuracy of aiming from the follow-up of the ball.

Devices and tools used : Basketball. Basket correction board .

Performance method: The tester throws the ball on the shooting board . Then jump to follow the ball and direct it to the basket.

Test conditions: The tester is granted (10) attempts and the ball may not be directed to the basket except from jumping and may use one or both hands to follow the ball and shooting.

Registration: The number of points scored by the laboratory is calculated and a point is awarded for each correction, and the highest score collected by the laboratory is (10) degrees.

2.6 Exploratory experiment:

⁽¹⁾ Fayez Bashir Hamoudat and Muayad Abdullah: basketball , Dar Al-Kutub for printing and publishing, University of Mosul, 2nd Edition, 1999, p 239.

The researcher conducted the first exploratory experiment on the research sample (8) players in the Martyr Haider Kamel Burhan Indoor Sports Hall for sports at four in the afternoon on (Sunday) corresponding to (8/12/2024), and the goal of the experiment is:

1. Identify the number of attempts needed to test the offensive movements of the legs
2. Identify test areas for the offensive movements of the legs.
3. The adequacy of the assistant team and the level of difficulty of the test for the research sample.
4. Extracting the scientific foundations of the tests followed in the research.

In the light of this experience, three areas were identified to test the offensive movements of the two men, namely the right and left low pivot areas and the high fulcrum area at the free throw line, and four attempts were identified for each player in each of the specified areas, two attempts before receiving the ball and two attempts after receiving the ball.

2.7 Scientific bases for testing the offensive movements of the two men:

1. **Authenticity of the test:** The researcher deliberately extracted the sincerity of the content (content) by presenting the test in a questionnaire form to a group of experts and specialists in the field of (tests and motor learning) for the purpose of knowing the validity of the test in measuring the performances to be evaluated and the percentage of agreement was high, which indicates the sincerity of the test.
2. **Stability of the test:** The stability coefficient for the test was found for the offensive movements of the legs by repeating the test on the same sample on (Tuesday) (10/12/2024) at four in the afternoon and a week apart after the exploratory experiment and under the same conditions in the Martyr Haider Kamel Burhan Closed Sports Hall, and the stability of the test was confirmed using the simple correlation coefficient (Pearson) and the degree of correlation was high This indicates the stability of the tests as shown in Table (2).
3. **Objectivity of the test:** The researcher calculated the objectivity of the test by correlation between the scores of two arbitrators are setting scores for one group of individuals at the same time ⁽¹⁾, as the results after processing statistically using the simple correlation coefficient (Pearson) indicated that the test has high objectivity as shown in Table (2).

Table (2)

The coefficient of stability and objectivity of the test shows the offensive movements of the legs

Objectivity	constancy	Unit of measurement	audition
0.90	0.92	degree	Offensive leg movements

2.8 Main experiment procedures:

2-8-1 Pre-tests: The tribal tests were conducted on (Sunday) corresponding to (15/12/2024) the fourth in the afternoon in the hall of the martyr Haider Kamel Burhan closed sports to single out the research sample according to the following procedures:

⁽¹⁾ Mohamed Hassan Allawi and Mohamed Nasr al-Din Radwan: Measurement in Physical Education and Sports Psychology, Cairo, Dar Al-Fikr Al-Arabi, 2007, p. 299.

1. Organization and arrangement of the test site and preparation of tools and devices used
2. Ranking players by means of a special form and for each test.
3. Conducting a balance test on (Wednesday) corresponding to (18/12/2024)
4. Conducting skill tests represented by testing the offensive movements of the two legs (Thursday) (19/12/2024).

2-8-2 Implementation of special exercises: The researcher carried out exercises for balance and offensive movements of the two legs for young pivot players 3x3 basketball on (Sunday) corresponding to (22/12/2024) and ended on (Saturday) corresponding to (8/2/2025) and applied exercises at the beginning of the main section of the training unit of the coach's curriculum and these exercises included special exercises to develop Balance and offensive movements of the legs The research sample was divided into two equivalent groups as follows:

- **Experimental group:** This group uses the same training curriculum prepared by the trainer with the introduction of special exercises to develop motor and skill ability , and the start of the application of special exercises during the training units and in the main section on (Saturday - Monday - Wednesday) at four in the afternoon in the hall of the martyr Haider Kamel Burhan closed sports and as follows:
 1. The period of exercises is (8) weeks and the number of units per week is (3) units.
 2. The total number of units of exercise is (24) units.
 3. The time of the full training unit is 90-95 minutes.
 4. The time of the main part of the training unit was (60-65) minutes.
 5. Exercise time (30-35) The exercise time is about 40% of the time of the main section of the training unit.
- **Control group :** This group used the training curriculum prepared by the trainer without using special exercises motor skill prepared by the researcher.

2.8.3 Post-tests:

The researcher conducted the post-tests after completing the period of special exercises for the experimental research sample on (Monday) (10/2/2025), and the researcher took into account that these tests are close to the conditions and conditions in which the pre-tests took place.

2.9 Statistical Methods

The researcher used the statistical bag (SPSS 24) to process the results of the tests and the following laws were used:

- | | | |
|---|--------------------------|---------------------------------------|
| 1- Arithmetic mean. | 2 – Torsion coefficient. | 3 – Standard error. |
| 4 - simple correlation coefficient (Pearson). | | 5 - test (t) for independent samples. |
| 6 - test (t) for correlated samples. | | |

3- Presentation, analysis and discussion of results

3.1.1 Presentation, analysis and discussion of the differences of arithmetic means and standard deviation between the pre- and post-tests of the test of transition above the marks of the experimental group

Table 3)

Shows the difference of the arithmetic media, its standard deviation, the values of (t), the level of error and the significance of

Differences between the results of the pre- and post-tests of the experimental group in the motor ability under research

Indicati on Differen ces	level Error	t-value Calcula ted	p f	P	Unit of measure ment	audition
Moral	0.016	4.95	0.41	3.50	degree	Move over tags

The degree of freedom (3), and the level of significance (0.05)

Through what was presented in Table (3), we note that the difference between the arithmetic means between the pre- and post-measurements is clear, as the difference in the arithmetic means in the transition test over the numbered marks between the results of the pre- and post-tests reached (3.50) with a standard deviation of the differences of 0.41 and the calculated value of (t) was 4.95, while the error level was (0.016), which indicates the significance of the differences between the pre- and post-tests at the level of significance (0.05) in front of the degree of freedom (3) and in favor of the post-test.

The results in Table (3) showed that there are significant differences between the pre- and post-tests of the experimental group in the balance test (jumping over the specified marks) and in favor of the post-test, where the researcher attributes the significance of these differences to the special exercises applied by the experimental group within the main part of the training unit, as it has a positive and important impact on the development of balance ability, namely (jumping over specific signs above the ground or jumping over the ground ladder). With one leg or both legs and exercises sudden stop and change direction anchor and rotation and partridge with one leg) where the exercises were characterized by increasing the number of repetitions in line with the possibility of the players and this is confirmed by Schmidt where "it became necessary to develop scheduling exercises and organize them to serve the educational process when learning motor skills and the development of the skill mechanism by increasing attempts to repeat the exercise while avoiding mistakes"⁽¹⁾, and the use of training tools within The training unit represented by signs, tapes, signs, ground ladder and jump ropes, which had a positive and influential role in the development of balance "as the developmental units are integrated with training tools"⁽²⁾, and balance is one of the

Schmid and lea : motor control and learning .il.homan kintics ,2005,p.p. 330–332. ⁽¹⁾

(2) Bassem Hassan Ghazi: the effect of a proposed curriculum using auxilliary means in the development of the skills of overwhelming transmission and overwhelming beating volleyball for youth, Master Thesis, University of Babylon / Faculty of Physical Education, 2004 p 66

important motor abilities that the player must have in basketball 3x3 This is due to the large number of sudden and sudden movements, which require him to move suddenly and quickly.

3.1.2 Presentation, analysis and discussion of the differences of arithmetic means and standard deviation between the pre- and post-tests of the offensive movements of the two men of the experimental group.

Table (4)

Shows the difference of the arithmetic media, its standard deviation, the values of (t), the level of error and the significance of

Differences between the results of the pre- and post-tests of the experimental group in the offensive movements of the two men.

Indication Differences	level Error	t-value Calculated	p f	P	Unit of measurement	audition
Moral	0.007	6.69	1,07	3.58	degree	Offensive leg movements

The degree of freedom (3), and the level of significance (0.05)

Through what was presented in Table (4), we note that the difference in arithmetic means between the pre- and post-measurements to test the offensive movements of the two legs was (3.58) and a standard deviation of the differences (1.07), and the calculated value (t) was (6.96), while the error level was (0.007), which indicates the significance of the differences between the pre- and post-tests at the level of significance (0.05) In front of a degree of freedom (3) and in favor of the post-test.

The experimental group showed a moral development in the movements of the offensive legs as a result of the impact of special exercises inspired by the researcher from the actual positions of the competition, in addition to that the use of aids that had an effective impact on the development of the movements of the two men offensive members of the experimental group because "aids make the player able to address the shortcomings, especially those who have slow movements of the two men also increase the effectiveness of the training unit" ⁽¹⁾ The researcher also attributes these differences to the selection of appropriate exercises for the development of balance for the movements of the two men offensive and their effectiveness in developing skill performance and this is confirmed by Makram Al-Saadoun "that the possession of the individual to a high level of motor abilities helps him to practice sports activities successfully" ⁽²⁾.

⁽¹⁾ www. Angelfair . Com/m n / Pain . HTML (2005)

⁽²⁾ Makram Saeed Al-Saadoun: the relationship of some basic motor abilities to the level of performance of some basketball skills, Journal of Physical Education Sciences, University of Babylon, No. 2, Volume 1, 2002.

3.1.3 Presentation, analysis and discussion of the differences of arithmetic means and standard deviation between the pre- and post-tests of the control group for the test of transition over the marks

Table 5

It shows the arithmetic mean differences, standard deviation, t-value, error level, and the significance of the differences between the results of the pre- and post-tests of the control group in motor abilities tests.

Indication Differences	level Error	t-value Calculated	p f	P	Unit of measurement	auditions
Moral	0.016	4.89	0.40	1.00	degree	Move over tags

The degree of freedom (3), and the level of significance (0.05)

Through what was presented in Table (5) of the transition test above the numbered marks, the difference between the arithmetic means between the results of the pre- and post-measurements was (1.00 (with a standard deviation of the differences of (0.40), and the calculated value (t) was (4.89), while the error level was (0.016), which indicates the significance of the differences between the two tests. Pre- and post-at the level of significance (0.05), in front of the degree of freedom (3) and in favor of the post-test as this is an indicator of the development of motor abilities.

Through what has been presented in the tables (5) we note that there are significant differences between the pre- and post-tests of the control group to test the transition above the marks and in favor of the post-test, and the researcher attributes the reason for the moral differences to the impact of the usual approach developed by the coach in addition to the continuation and regularity of the players in training, which had a clear role in the development of balance, as he confirms (Saad Mohsen) "The opinions, no matter how different the curricula of their scientific and practical culture, that the training program inevitably leads To the development of achievement, if it is based on a scientific basis in the process of training and programming and the use of appropriate intensity and gradation and the observation of individual differences as well as the use of optimal repetitions and intervals of rest influential and under the supervision of specialized trainers under good training conditions in terms of place, time and tools used "(3).

3.1.4 Presentation of differences in arithmetic means and standard deviation in tests of the movements of the two men offensive control group and analysis and discussion

Table 6

Shows the difference of arithmetic means, standard deviation, values of (t), level of error and significance of the differences between the results of the pre- and post-tests of the control group in the tests of the offensive movements of the two men.

(3) Saad Mohsen Ismail: the effect of training methods to develop the explosive power of the legs and arms in the accuracy of long correction jumping high handball, University of Baghdad, PhD thesis, 1996, p 98.

Indication Differences	level Significance	t-value Calculated	p f	P	Unit of measurement	auditions
Immortal	0.35	1.09	0,64	0.36	degree	Offensive leg movements

The degree of freedom (3), and the level of significance (0.05)

From Table (6), we note that the differences in arithmetic means between the two measurements (before and after) in the control group for the tests of the movements of the two men offensive were very few, which confirms that no change occurred any change from what it was in the pre-test where the difference of arithmetic means between the measurements before and after to test the movements of the two men offensive (0.36) and a standard deviation of the differences (0.64), The calculated value of (t) was 1.09) while the significance level was (0.35), which indicates the lack of significance of the differences between the pre- and post-tests at (0.05).

The researcher attributes the reason for the lack of development of the movements of the two legs offensive of the control group in the post-tests to the lack of approach followed by the trainer to special exercises related to the development of the skill, while the experimental group showed significant results between the measurements before and after in the tests of the movements of the two offensive legs because of the special exercises that the researcher believes that they have an effective impact on the development of the movements of the two legs offensive members of the experimental group

3.2.1Presentation, analysis and discussion of the results of the differences between the experimental and control groups in the post-tests of the transition test above marks.

Table 7

Shows the differences of the arithmetic means of the tests of motor abilities after the experimental and control research groups Freedom score (6) and significance level (0.05)

Significance of differences	Error level	Calculated value (t)	Differences in the middle	Control group		Experimental Group		Unit of measurement	auditions
				on	Q ⁻	on	Q ⁻		
Moral	0.009	3.68	2.25	0.81	6.50	0.86	8.75	degree	Move over tags

By reviewing Table (7), we find that the arithmetic means and standard deviations were different in the post-tests of the two research groups (experimental and control) in the balance test and regarding the balance test (jumping over the marks), the arithmetic mean of the dimensional measurement of the experimental group reached (8.75) and a standard deviation of (0.86), while the arithmetic mean of the dimensional measurement of the control group reached

(6.50) and a standard deviation of (0.81), and the difference of the medians (2.25), while the calculated value (T) was (3.68) and the level of error (0.026). This indicates that the differences are significant between the two dimensional measurements of the experimental and control group and in favor of the experimental group.

Through what has been presented in Table (7), the researcher attributes the reason for the development in motor ability to the effect of special exercises prepared by the researcher, where these exercises contributed to the development of the players' motor ability, and the special exercises were performed in an organized and arranged manner, influential repetitions and sufficient rest periods, and this is confirmed by Qasim Hassan that "Special exercises contain one or several elements of the activity similar to or close to the movement towards the movement or the force of movement" ⁽¹⁾ and note that there are significant differences between the experimental group tests and the control group to test the balance (jumping over the specified marks) and in favor of the experimental group.

3.2.2 Presentation, analysis and discussion of test results for the offensive movements of the experimental and control research groups.

Table(8)

Shows the results of the post-tests of the offensive movements of the legs of the experimental and control research groups

Significance of differences	Error level	Calculated value (t)	Control group		Experimental Group		Unit of measurement	audition
			on	Q ⁻	on	Q ⁻		
Moral	0.002	5.00	0.81	5.33	0.53	7.77	degree	Offensive leg movements

Degree of freedom (6), and significance level (0.05)

Through reviewing Table (8), we find that the arithmetic means and standard deviations were different in the post-tests of the two research groups (experimental and control) in the tests of the movements of the two offensive men, where the arithmetic mean to test the movements of the two men attack, for the experimental group (7.77) and a standard deviation (0.53), while the arithmetic mean of the dimensional measurement of the control group was (5.33) and a standard deviation (0.81), either the value of (T) calculated was (5.00) and the level of error (0.002) and this indicates that the differences are significant between the two dimensional measurements of the experimental group and control and in favor of the experimental group because the level of error (sig) is smaller than the level of significance (0.05) at the degree of

⁽¹⁾Qasim Hassan Hussein: Foundations of Training: 1st Edition, Amman, Jordan, Dar Al-Fikr for Printing, Publishing and Distribution, 1998. Fathy Ahmed Hadi: Modern Practical Training in Handball, Alexandria, Horus International Publishing Foundation, 2010.

freedom (6), The reason for the development of the offensive movements of the two men is due to the following points:

1. The exercises prepared by the researcher scientifically in terms of planning, organization and application helped in developing the skill of the offensive movements of the two legs with 3x3 basketball, and this is confirmed by Hanafi Mahmoud Mokhtar "that proper planning and testing of appropriate exercises enables the coach to develop physical qualities and at the same time work to master the player basic skills and digest game plans".³
2. The exercises inspired by the researcher from the actual positions of the competition, which are compound exercises that are applied by linking many movements before receiving and after receiving and performing these exercises in different areas similar to the places where the player moves during the competition, which are three areas, the low fulcrum area from the right side of the forbidden area, the low fulcrum area from the left side of the forbidden area, and the high fulcrum area at the free throw line, and this is consistent with what Muhammad Hassan Abu Abiya said. They are taught how to properly link skills to each other to become composite, and they must choose and develop various exercises that serve to achieve game skills and in a manner identical to what happens in the match."⁴
3. The use of training tools had an effective impact on the development of the movements of the two men offensive members of the experimental group because "aids make the player able to address the shortcomings, especially those who have slow movements of the legs and increase the effectiveness of the training unit"⁽³⁾, and that the selection of appropriate and diverse exercises and their repetition in a codified manner and their harmony with the level of the players helped in The development of the movements of the two offensive legs Thus, these exercises have the main role in the development of these important movements that the player relies on when performing offensive skills in basketball 3x3, as confirmed by Cracken and according to the planning theory that "the organization of training in a diverse or variable manner and using stimuli or means is more influential in learning than training or organizing training steadily without any change from one repetition to another" (4)

4. Conclusions and recommendations:

4.1. Conclusions:

In light of the results reached by the researcher, the following conclusions were drawn:

1. Special exercises have a positive impact on the development of balance for young 3x3 basketball pivots.
2. Special exercises have a positive impact on the development of offensive movements of young pivot players 3x3 basketball.

Hanafi Mahmoud Mokhtar: Technical Director of Football, Cairo, Book Center for Publishing, 1998.³

Mohamed Hassan Abu Abya: Training Basic Skills in Modern Basketball, Cairo, Dar Al-Maaref 1967, p. 25.⁴

Whoa, whoa, whoa, who Angelfair . Com/m n / Pain . (3)

⁴) McCracken H.D Stelmach. Atest of the Schema Theory of Discrete Motor Learning. Journal of Motor Behavior, 19, pp.193–201.

3. Special skill exercises have a positive impact on the development of motor abilities represented by balance because of their great importance in developing the offensive movements of the two men for young pivot players 3×3 Basketball

4.2 Recommendations:

In light of the results reached by the researcher, he recommends the following:

1. Emphasis on the use of special exercises to develop some motor abilities of young 3x3 basketball center.
2. Emphasis on the use of special exercises to develop offensive movements of young 3x3 basketball centres.
3. Give sufficient time to teach and train the offensive movements of the two legs before and after receiving in conditions similar to the playing conditions and linking the exercises of physical abilities and motor abilities and skills.
4. Conducting similar studies on samples of different ages to develop some important motor and skill abilities for young 3x3 basketball centermen.

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