

Abstract

Shooting Performance on regular and modified basketball competition in under-10 players

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Basketball is a sports activity in which rules are modified over time. These rules are modified with the aim of improving the rhythm of the game and the spectacle. However, these modifications are generic and are not based on the maturity development of players at the beginning levels (Birrento et al., 2023 & Ortega et al., 2021). The main purpose of this study was to analyse the shooting performance of under-10 basketball players. Eighteen under 10 male basketball players were selected by two southeast Spanish teams. The study consisted of two different competitions on two different days. On the first day, the game was played according to the Region of Murcia Basketball Federation (FEDE) rules for under-12 players with score in a row. The second day was a tournament with Modified Rules by SET (SET). The variables analysed were the Number of Total Shots, Number of Made Shots, and Number of Miss Shots. The media values results showed that in FEDE games, the number of total shots is lower (2.11 ± 1.53) than in SET game (3.56 ± 2.18); in FEDE game, the number of Made Shots is lower (8 ± 3.82) than in SET game (9.22 ± 4.6); and in FEDE game the number of Miss Shots is higher (5.89 ± 2.89) than

in SET game (5.67 ± 3.2). Significant differences were founded on the Number of Total Shots ($p < .001$) and the Number of Made Shots ($p = .023$).

An increase in the total number of shots and the number of shots scored in the MR game was observed. This could be due to the scoring system changes and that each period starts again at 0-0, allowing the game to increase in pace to provoke more shooting actions. It can be concluded that the modified score system provokes a higher number of shot actions per game. In this sense, the authors of this study believe that the basketball federation must modify rules on young competition levels, based on scientific evidence.

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