

Performance Profiling of Philippine Normal University Basketball Male and Female Athletes

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Keywords: Performance profile, physical skills, technical skills.

Abstract: The purpose of the study was to identify the strength and weaknesses of male and female basketball athletes of Philippine Normal University using Richard Butler's Performance Profiling process. The respondents consisted of 25 male and female Basketball athletes. The perceived characteristics of a top performer in basketball were used as criteria for assessing the athletes' current physical and technical skills in basketball using percentages. The data gathered were classified into two categories: physical skills and technical skills. Physical skills and technical skills required of a position in basketball were the basis for analysis and interpretation. The findings revealed that most of the athletes lack the necessary physical and technical skills to play the sport. Intervention activities during training were recommended.

1 INTRODUCTION

A successful athletic team is one that has a well-prepared coach or management team. Along with their athletes, they carefully planned their campaign towards success. Sport performance is a complex blending of several factors relative to the demands of the sports. An athlete participating in a particular sport has needs in order to cope up with this demand to succeed (Barr, K., & Hall, C., 1992). Athletes' skills and qualities are believed to be essential for athletic performance. Effective athletic performance means that the players of a specific sport event is prepared in three aspect – physical, technical and psychological (Auweele, 1999). In all training programs, these three aspect are taken into consideration. Not one of the three should be left behind if a team aspires to be a top performer in a sporting arena. Pinpointing strengths and weaknesses of athletes, designing training strategies and building better communication with athletes are essential in achieving effective athletic performance (Baker, F., & Kayser, C.S, 1994).

A valuable technique that can be used to identify strengths and weaknesses, organize training preparation and the development of an individual athlete is **performance profiling**. Performance profiling of athletes was developed by Richard Butler who was working with the British Olympic Boxing

team in the early 90's. According to (Butler, 1996) evolved as a method of increasing the coach's awareness while acknowledging the importance of athlete's perspective. This means that the emphasis is on the athlete's unique way of making a sense of what he is to do (Cupal, D.D., & Brewer, B.W., 2001).. Performance profiling will illustrate the athletes' perceived strengths and weaknesses, and will enhance the sensitive coach's understanding of the athlete and the athlete's information and will take these into account in designing a training program such as in basketball as one of the world's most popular and widely viewed sports (Connor O. J, 2001). Basketball as a fast-paced game that requires the knowledge and instinct to perform quickly and properly in many techniques for shooting, passing, dribbling and rebounding, basketball has specialized player positions and offensive and defensive structures (player positioning) is important to athletes (Atkins, 2004).

This study aimed to investigate the current physical and technical skills of the Philippine Normal University male and female basketball athletes. It used the performance profiling system developed by Richard Butler in 1990 to identify the strength and weaknesses of the athletes, thus recommend intervention activities during the training. Specifically, it had the following statement of purposes:

1. to identify qualities or characteristics of top performers in basketball as perceived by the PNU athletes,
2. to discover the PNU players current characteristics by evaluating themselves using the identified qualities of a top performer as criteria,
3. to analyze the results of the athletes' self-assessment,
4. to recommend activities in their training program for improvement or enhancement of the required areas to reach the players' performance standard.

A measure of performance may be determined with reference to a formula which states: Performance = Physical Preparation + technical skill + Psychological readiness (Butler, 1996).

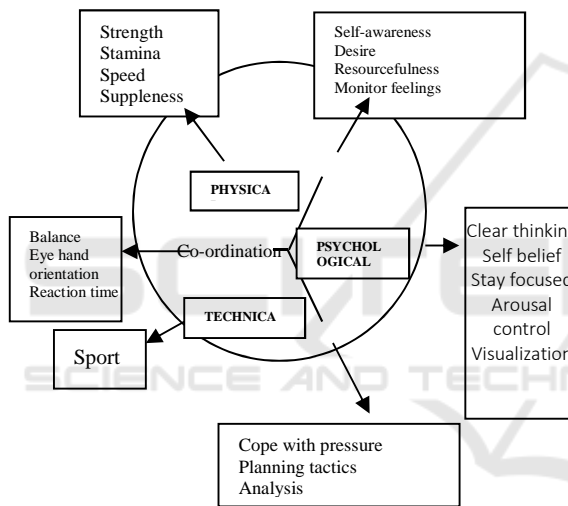


Figure 1: Model of Attributes necessary for successful performance (Butler, Richard J. (1996).Sports Psychology in Action.).

From figure 1, this triadic model highlights the importance of preparation in all areas and predicts an inferior performance if any one aspect is neglected (Butler, 1996 p. 2). According to (Butler, 1996), “in all areas, preparation is very important. If any aspect is neglected, this may predict inferior performance. Thus a gifted or technically skilled player will underperform when either the physical or psychological preparation has not been fully addressed”.

2 SIGNIFICANCE OF THE STUDY

Both athletes and coaches will benefit in performance profiling of PNU athletes. There will be more active participation of athletes in decision making. Important skills needed for good performance will be identified, thus, it helps in maximizing the motivation of athletes to implement and adhere to skills training program. Performance profiling will develop in coaches a better understanding of their athletes by highlighting their perceived strengths and weaknesses, as well as understand the needs and perspective of the athletes. More so, the athletes' and coaches' vision of the key determinants of a top performance will be clarified. Performance profiling of athletes may aid the coach in designing an appropriate training program or intervention for enhancement based on the needs of the athletes for better, if not excellent performance and personal meanings for the athlete when they enter the sporting arena.

3 METHODS

The study was delimited to the PNU male and female members of the basketball teams. The respondents were ten (10) males and fifteen (15) females' basketball athletes of the university. Their physical attributes and the technical attributes of a performer in basketball comprised the variables of the study. Although this is in relation with the triadic model of attributes, the study focused on the physical and technical skills of the athletes.

This study employed the quantitative-qualitative type of research. The data were gathered from the 25 PNU athletes of basketball consisting of 10 males and 15 females. The data gathering procedure was done in two separate sessions with the male athletes and female athletes. During these sessions, the idea of performance profiling was introduced and explained to the athletes and it was stressed that there are no right or wrong answers in the process but that the honest appraisal of themselves will facilitate a more productive outcome. The following questions were directed to the athlete:

- a. What in your opinion are the fundamental qualities or characteristics of a top performer in your sport/event?
- b. Using your identified characteristics of a top performer as your criteria, how much of each

identified characteristic or description do you currently possess?

The identified characteristics were used as criteria for self-assessment. This also served as a prompt or a means for the PNU athletes to rate themselves in percentages. The data elicited from each player were categorized using Butler’s (1996 pp. 2-3) attributes, described as: physical attributes (sometimes referred to as the “Ss”) – strength, speed, stamina, and suppleness and technical attributes (sport specific) – dribbling, passing, shooting, catching, and rebounding. The physical and technical attributes were organized in tabular form for easy analysis.

The player-respondents were categorized according to their positions in the team (point guard, shooting guard, small forward, power forward, and center) and were assigned a code - (Male Athlete Respondent (MAR) and Female Player Respondent (FAR).

The self-ratings of each respondent were analyzed and interpreted vis-a-vis the basic basketball positions’ roles, qualities and characteristics, adapted from Ultimate Youth Basketball Guide.Com <http://www.ultimate-youth-basketball-guide.com/basketball-player-positions.html> Accessed on October 25, 2014.)(See Appendix B)

The following scale was used for the interpretation of the athletes’ self-rating.

Table 1: scale was used for the interpretation of the athletes’ self-rating.

| SCALE | PHYSICAL | TECHNICAL |
|-------------|-----------------------------|---------------------|
| 90% - 100% | Excellent | Very Skillful |
| 80% - 89% | Very Good/ Above Average | Skillful |
| 70% - 79% | Good/Average | Moderately Skillful |
| 69% - 50% | Poor/Below Average | Less Skillful |
| 49% - Below | Needs improvement | Needs Retraining |

Scale was used for the interpretation of the athletes’ self-rating on table 1.

4 RESULTS AND DISCUSSION

This section presents the performance profiles of PNU male and female athletes in tabular form according to their designated basketball positions in the team. The responses/self-ratings of the athletes which were categorized as physical skills required of

a basketball athlete, and as technical skills related to the roles, qualities, and characteristics of their positions in the team are reflected on separate columns. The analyses, interpretations and discussions were done according to positions in the team since all attached requirement and responsibilities on physical skills and technical/tactical skills of a basketball athlete vary from one position to another position. The overall self-rating percentages were computed.

4.1 Performance Profiles of Male and Female Basketball Point Guards

Basketball is a fast-paced and vigorous game. Physical factors play a major role to be a good performer.

The profile in Table 2, shows that this male athlete rated himself on stamina (70%) interpreted as average, and below average on suppleness (65%). The overall physical skills (67.5%) which means below average is an indication he has not physically trained well in his sport. The point guard is the best ball-handler of the team, a good passer, a good short and long range shooter and an attacker. The table reflects how this player rated himself in these technical skills. This athlete/point guard is less skillful in dribbling (66.7%) and in offensive tactic as an attacker (60%), moderately skillful (70%) in passing and shooting. Overall, the 61.3% technical skills of this point guard fall below average. This is a key concern that has to be addressed during training.

Table 2: Performance Profile of the PNU Male Basketball Point Guard.

| PLAYER | PHYSICAL SKILLS | % | TECHNICAL/TACTICAL SKILLS | % |
|--------|--|-----|--|--------|
| MAR1 | STRENGTH | | DRIBBLING (Good dribbler,70%; “Magaling humawak ng bola”,70% “magaling mag crossover, 60%) | 66.7 % |
| | SPEED | | PASSING (“magaling pumasa”, 70%) | 70% |
| | STAMINA (Endurance , 70%; Physically fit, 70%) | 70% | SHOOTING (shooter, 70%; Long shooter, 70%; Perimeter shooter, 70%) | 70% |
| | SUPPLEN ESS (Agile, 70%; | 65% | CATCHING | |

| | | | | |
|--|-----------------|---------------|---------------------------------------|---------------|
| | Flexible, 60%) | | | |
| | | | REBOUNDING (“malakas rumebound”, 40%) | 40% |
| | | | TACTICS (attacker, 60%) | 60% |
| | OVERALL | 67.5 % | | 61.3 % |

Performance Profile of the PNU Male Basketball Point Guard on table 2. The quickest among the 5 positions in the team is the point guard. As shown in Table 2, the self-rating on speed of FAR1 (88%) and FAR2 (80%) were interpreted as above average while FAR3 (90%), excellent. These are indicators can speak well of a point guard. The self-rating of above average to excellent in other physical attributes of the three female athletes means that they are above average in terms of physical skills. As shown on the table, the overall self-rating of FAR1 (88.2%), FAR2 (89.6%) and FAR3 (87.2%) means that these athletes are technically skilful as point guards.

Table 3: Performance Profile of the Three PNU Female Basketball Point Guards

| PLAYER | PHYSICAL SKILLS | % | TECHNICAL/TACTICAL SKILLS | % |
|--------|---|-------|--|--------|
| FAR1 | STRENGTH (strength, 89%) | 89% | DRIBBLING (Power dribbling, 88%; In-between dribbling, 86%; Ball manipulation, 87%; coordination, 87%) | 87% |
| | SPEED (speed, 88%) | 88% | PASSING | |
| | STAMINA (endurance, 96%; power, 86%; recoverability, 88%) | 90% | SHOOTING (Long distance shooting, 87%; Short distance shooting, 88%; Lay-up, 93%; Reverse shooting, 87%) | 88.8 % |
| | SUPPLEMENTS (agility, 88%; mobility, 87%; flexibility, 87%) | 87.3% | CATCHING | |
| | | | REBOUNDING (rebounding, 89%) | 89% |
| | | | TACTICS (defense, 89%; | 87.8 % |

| | | | | |
|------|---|---------------|--|---------------|
| | | | offense, 88%; reaction, 86%; balance, 88%; Pivoting skill, 88%) | |
| | OVERALL | 88.6 % | | 88.2 % |
| FAR2 | STRENGTH (strength, 90%) | 90% | DRIBBLING (dribbling, 95%; coordination, 90%) | 92.5 % |
| | SPEED (speed, 80%) | 80% | PASSING (Long pass, 90%; Short pass, 95%) | 92.5 % |
| | STAMINA (endurance, 85%; power, 85%) | 85% | SHOOTING (Long shooting, 80%; Short shooting, 90%; Lay-up, 90%) | 86.7 % |
| | SUPPLEMENTS (agility, 85%; mobility, 95%; flexibility, 85%) | 88.3% | CATCHING | |
| | | | REBOUNDING (rebounding, 90%) | 90% |
| | | | TACTICS (penetrating, 80%; screening, 85%; defense, 80%; balance, 100%; reaction, 86%) | 86.2 % |
| | OVERALL | 85.8 % | | 89.6 % |
| FAR3 | STRENGTH (strength, 85%) | 85% | DRIBBLING (dribbling, 95%; In-between dribbling, 95%; crossover, 95%; coordination, 90%) | 93.8 % |
| | SPEED (speed, 90%) | 90% | PASSING (Long passing, 90%) | 90% |
| | STAMINA (Endurance, 80%; power, 90%) | 85% | SHOOTING (Long shooting, 80%; Short shooting, 90%; Reverse shooting, 50%) | 73.3 % |
| | SUPPLEMENTS (agility, 90%; mobility, 95%; | 91.7% | CATCHING | |

| | | | | |
|--|-------------------|--------------|--|--------------|
| | flexibility, 90%) | | | |
| | | | REBOUNDING (rebounding, 90%) | 90% |
| | | | TACTICS (defense, 85%; Offense, 90%; balance, 90%; reaction, 90%; Pivoting skill, 90%) | 89% |
| | OVERALL | 87.9% | | 87.2% |

Performance profile of the three PNU female basketball point guards on table 3.

4.2 Performance Profiles of Male and Female Basketball Shooting Guards

Typically a shooting guard is lengthy, athletic, strong and physical. He is ideally a good ball handler and a competent passer, and the best shooter of the team and versatile in scoring. He has full complement of speed, lateral quickness, running ability, and jumping ability. In Table 4, among the four male shooting guards, MAR5 (90%) rated himself excellent on strength extremely different from MAR4 (40%) which is poor. It was noted that the physical skills of the four shooting guards vary- MAR5 (85%) and MAR2 (80.5%) are interpreted as above average, MAR3 (70.4%), average and MAR4 (40.1%) which is poor and way below the standard position expected of a shooting guard. Ideally, a shooting guard is a good ball-handler, has a good passing skills, and most of all the best shooter of the team. As reflected on the table, MAR2 (81.1%) and MAR5 (89%) rated themselves skilful in shooting while MAR3 and MAR4 have less skill in shooting. Among the four male shooting guards, MAR4 who is both physically and technically below the expected standard of a basketball athlete is a key concern of the coach and needed to be attended to.

Table 4: Performance Profiles of the Four Male Basketball Shooting Guards.

| PLAYER | PHYSICAL SKILLS | % | TECHNICAL/TACTICAL SKILLS | % |
|--------|--------------------------------------|-------|---|-------|
| MAR2 | STRENGTH (strength, 75%; force, 80%) | 77.5% | DRIBBLING (dribbling skills, 79%; crossover, 80%) | 79.5% |
| | SPEED (Speed, 80%; Quickness, 78%) | 79% | PASSING | |

| | | | | |
|------|---|--------------|--|--------------|
| | STAMINA (Power, 85%; endurance, 80%; Physically fit, 85%) | 83.3% | SHOOTING (shooter, 90%; Lay-up, 90%; Jump shot, 78%; dunk, 75%; Free throw, 80%; Hook shot, 75%; Long shot, 80%) | 81.1% |
| | SUPPLESS (Flexibility, 82%) | 82% | CATCHING | |
| | | | REBOUNDING (rebounding, 78%) | 78% |
| | | | TACTICS (pivoting skill, 79%) | 79% |
| | OVERALL | 80.5% | | 79.4% |
| MAR3 | STRENGTH (strength, 70%) | 70% | DRIBBLING (crossover, 50%; Dribbling, 75%) | 62.5% |
| | SPEED (speed, 80%; quickness, 70%) | 75% | PASSING (Good passer, 60%) | 60% |
| | STAMINA (power, 75%; endurance, 65%; Stamina, 75%) | 71.7% | SHOOTING (Perimeter shooter, 50%; 3-point shooter, 45%; Free-throw shooter, 75%; Lay-up, 80%) | 61.3% |
| | SUPPLESS (agility, 65%) | 65% | CATCHING | |
| | | | REBOUNDING | |
| | | | TACTICS (defense, 60%) | 60% |
| | OVERALL | 70.4% | | 48.8% |
| MAR4 | STRENGTH (strength, 40%) | 40% | DRIBBLING | |
| | SPEED (speed, 40%; quickness, 60%) | 50% | PASSING | |
| | STAMINA (endurance, 30%; Stamina, 30%; "less fatigue", 40%) | 33.3% | SHOOTING (3-point shooter, 60%) | 60% |
| | SUPPLESS | 40% | CATCHING | |

| | | | | |
|------|-------------------------------|-------|---|-------|
| | (agility, 40%) | | | |
| | | | REBOUNDING | |
| | | | TACTICS (Good follow thru, 80%; Managing the floor, 35%; Ball control, 30%; Eye-hand coordination, 60%; Strong court vision, 50%) | 51% |
| | OVERALL | 40.1% | | 55.5% |
| MAR5 | STRENGTH (Body strength, 90%) | 90% | DRIBBLING | |
| | SPEED | | PASSING | |
| | STAMINA (endurance, 80%) | 80% | SHOOTING (Shooting long/short, 89%) | 89% |
| | SUPPLEN ESS (agility, 85%) | 85% | CATCHING | |
| | | | REBOUNDING (rebounding, 80%) | 80% |
| | | | TACTICS (driving, 85%; blocking, 75%; defense, 95%; Game control, 78%; coordination, 87%; steal, 85%) | 84.2% |
| | OVERALL | 85% | | 84.4% |

From table 4, the two female shooting guards, FAR4 and FAR5 rated themselves above average on strength (88%), while FAR6 rated herself as average (70%). Very important characteristic of shooting guards is speed and can run the floor without undue fatigue. The self-rating of the three female athletes on speed vary - FAR5 indicated that she has currently excellent (90%) speed, while FAR4 said she is above average (88%), and WPR6 below average (50%). With these indicators, the coach should concern himself with FAR6 during the training.

The shooting guard is the “marksman” of team which gained himself the refutation of the best shooter of the team, and a versatile scorer who can shoot in short and long range, a perimeter shooter, 3-point shooter, and who can shoot on the move. In terms of technical and tactical skills as presented in Table 4, In shooting, FAR4 indicated that she is

skilful (88.3%), and so with FAR5 (84%). FAR4 and FAR5 rated themselves skilful on dribbling (88.5% and 89% respectively) and very skilful (90%) in passing skill.

Both FAR4 and FAR5 rated themselves very skilful (92% and 90% respectively) on rebounding skill. The defense tactics of FAR4 (92%) and FAR5 (95%) are interpreted as very skilful. The overall average of 60% (below average) in physical skill and 60.9% (less skilful) of FAR6 should be noted for further training.

Table 5: Performance Profile of the Three Female Basketball Shooting Guards.

| PLAYER | PHYSICAL SKILLS | % | TECHNICAL/TACTICAL SKILLS | % |
|--------|---|-------|--|-------|
| FAR4 | STRENGTH (strength, 88%) | 88% | DRIBBLING (dribbling, 88%; In-between dribbling, 88%; Crossover, 88%; Coordination, 90%) | 88.5% |
| | SPEED (speed, 88%) | 88% | PASSING (Long passing, 90%) | 90% |
| | STAMINA (endurance, 98%; power, 88%) | 93% | SHOOTING (Short shooting, 90%; Lay-up, 95%; Reverse shooting, 80%) | 88.3% |
| | SUPPLEN ESS (agility, 90%; mobility, 95%; flexibility, 89%) | 91.3% | CATCHING | |
| | | | REBOUNDING (rebound, 92%) | 92% |
| | | | TACTICS (defense, 92%; offense, 89%; reaction, 90%; Pivoting skill, 90%) | 90.3% |
| | OVERALL | 90.1% | | 89.8% |
| FAR5 | STRENGTH (strength, 88%) | 88% | DRIBBLING (dribbling, 88%; In-between dribbling, 85%; crossover, 88%; coordination, 95%) | 89% |
| | SPEED (speed, 90%) | 90% | PASSING (Long passing, | 90% |

| | | | | |
|------|---|---------------|---|---------------|
| | | | 85%; Short passing, 95%) | |
| | STAMINA (endurance, 89%; power, 88%) | 88.5 % | SHOOTING (Reverse shooting, 80%; Lay-up, 88%) | 84% |
| | SUPPLEN ESS (agility, 89%; mobility, 90%; flexibility, 90%) | 89.7 % | CATCHING | |
| | | | REBOUNDING (rebound, 90%) | 90% |
| | | | TACTICS (defense, 95%; offense, 88%; balance, 90%; coordination, 95%; reaction, 95%; Pivoting skill, 90%) | 92.2 % |
| | OVERALL | 89.1 % | | 89% |
| FAR6 | STRENGTH (strength, 70%) | 70% | DRIBBLING (dribbling, 60%; coordination, 60%) | 60% |
| | SPEED (speed, 50%) | 50% | PASSING (Medium passing, 50%) | 50% |
| | STAMINA (power, 70%; recovery, 60%) | 65% | SHOOTING (Short passing, 60%; Close shooting, 60%; Lay-up, 80%) | 66.7 % |
| | SUPPLEN ESS (agility, 60%; flexibility, 50%) | 55% | CATCHING | |
| | | | REBOUNDING (rebound, 60%) | 60% |
| | | | TACTICS (defense, 80%; balance, 60%; coordination, 60%; reaction, 70%; Pivoting, 70%) | 68% |
| | OVERALL | 60 % | | 60.9 % |

Performance profile of the three female basketball shooting guards on table 5.

4.3 Performance Profiles of Male and Female Basketball Small Forward

The small forward has the strength and quickness on the floor. As shown in Table 6, the self-rating 35% of MAR7 is poor and below the standard as a small forward along with below average speed (50%). MAR7 is not skilful and needs full training with an overall average of 45. % technical skills.

The small forward is the most versatile position in that he can slide down and play shooting guard or even play power forward in certain stretches of the game. He is usually called a “swing man”.

Table 6: Performance Profile of the Male Basketball Small Forward.

| | | | | |
|-------|---|---------------|---|--------------|
| MAR 7 | STRENGTH (strength, 50%; Muscular strength, 70%) | 35% | DRIBBLING (Dribbling skills, 40%) | 40% |
| | SPEED (speed, 50%) | 50% | PASSING (Passing skills, 40%) | 40% |
| | STAMINA (power, 45%; endurance, 65%; Physically fit, 75%) | 61.7% | SHOOTING (Good shooting skills, 40%; Lay-up, 60%) | 50% |
| | SUPPLENESS (agility, 50%) | 50% | CATCHING | |
| | | | REBOUNDING (Leg power, 50%) | 50% |
| | | | TACTICS (Defense, 40%; Box out, 50%; Pivoting skill, 50%; finger roll, 40%) | 45% |
| | OVERALL | 49.2 % | | 45. % |

From table 6, for the position of small forward, the higher the speed the better the athlete delivers. The self-rating of FAR10’s speed (90%) on Table 7 interpreted as excellent is a good indicator of the position. This can also be true for FAR9 (88%). The above average core strength (85%) of FAR9 speaks well of a small forward-designate.

As a small forward, the physical skills and technical skills of FAR7 that fall below average should be noted well by the coach for further training. The overall average of FAR9 in physical skills and technical skills that are interpreted as above average can speak well of a small forward.

Table 7: Performance Profile of the Four Female Basketball Small Forward.

| PLAYER | PHYSICAL SKILLS | % | TECHNICAL/TACTICAL SKILLS | % |
|--------|--|-------|---|-------|
| FAR7 | STRENGTH | | DRIBBLING(dribbling 70%) | 70% |
| | SPEED (speed, 65%; quickness, 65%; Power to pass, 75%) | 68.3% | PASSING (passing, 70%; Short pass, 50%) | |
| | STAMINA (runner, 80%) | 80% | SHOOTING (Lay-up, 65%; shooting, 50%; Free-throw shooting, 70%; Outside shooting, 45%; Board shooting, 55%) | 60% |
| | SUPPLESS (agility, 40%) | 40% | CATCHING | |
| | | | REBOUNDING | |
| | | | TACTICS (screening, 50%; cut, 50%; balance, 85%; rhythm, 80%; eye-hand coordination, 80%) | 69% |
| | OVERALL | 62.7% | | 66.3% |
| FAR8 | STRENGTH (strength, 50%) | 50% | DRIBBLING (dribbling, 76%) | 76% |
| | SPEED | | PASSING (Medium passing, 86%; Short passing, 98%) | 92% |
| | STAMINA (power, 60%; fit, 90%; Endurance, 85%) | 78.3% | SHOOTING (Short shooting, 98%) | 98% |
| | SUPPLESS (agility, 85%) | 85% | CATCHING (Receiving the ball, 78%) | 78% |
| | | | REBOUNDING | |
| | | | TACTICS (balance, 78%; coordination, 83%; reaction, 70%; Defense, 75%) | 76.5% |
| | OVERALL | 71.1% | | 84.1% |
| FAR9 | STRENGTH (Core) | 85% | DRIBBLING (dribbling, 88%; coordination, 85%) | 86.5% |

| | | | | |
|-------|---|-------|--|-------|
| | strength, 85%) | | | |
| | SPEED (speed, 88%) | 88% | PASSING (Long passing, 88%; Short passing, 88%) | 88% |
| | STAMINA (endurance, 88%; power, 90%; Recovery rate, 85%) | 87.7% | SHOOTING (Long shooting, 88%; Short shooting, 85%; Lay-up, 85%) | 86% |
| | SUPPLESS (agility, 88%; flexibility, 88%) | 88% | CATCHING | |
| | | | REBOUNDING (rebounding, 82%) | 82% |
| | | | TACTICS (balance, 85%) | 85% |
| | OVERALL | 87.2% | | 85.5% |
| FAR10 | STRENGTH | | DRIBBLING | |
| | SPEED (speed, 90%) | 90% | PASSING (Long passing, 60%; Short passing, 100%; Medium passing, 95%) | 85% |
| | STAMINA (power, 60%; endurance, 80%; explosiveness, 30%) | 56.7% | SHOOTING (Long shooting, 50%; Short shooting, 100%; Close shooting, 100%) | 83.3% |
| | SUPPLESS (agility, 80%; mobility, 90%; flexibility, 100%) | 90% | CATCHING | |
| | | | REBOUNDING (recovery, 60%) | 60% |
| | | | TACTICS (Ball manipulation, 60%; Balance, 60%; reaction, 80%; rhythm, 80%) | 70% |
| | OVERALL | 78.9% | | 74.6% |

Performance Profile of the Four Female Basketball Small Forward on table 7.

4.4 Performance Profiles of Male and Female Basketball Power Forward

One of the most important lines of defense, because he is so close to the basket is the position of the power forward. Strength, athleticism, rugged, and with good feet are some of the characteristics of the position. As shown on Table 8, MAR6 rated himself above average on strength (80%), and average in speed (77.5%) and stamina (73.3%). The overall self-rating of 75.8% can be interpreted that the athlete has an average physical skills. MAR6's general average of 82.7% on technical skills can be interpreted as skilful. However these perceived attributes can still be enhanced through set routines during training.

Table 8: Performance Profile of the Male Basketball Power Forward.

| PLAYER | PHYSICAL SKILLS | % | TECHNICAL/ACTICAL SKILLS | % |
|--------|---|-------|--|-------|
| MAR6 | STRENGTH (strength, 80%) | 80% | DRIBBLING (dribbling, 75%) | 75% |
| | SPEED (speed, 80%; quickness, 75%) | 77.5% | PASSING (High passing, 80%; Low passing, 80%) | 80% |
| | STAMINA (power, 70%; Physically fit, 70%; endurance, 80%) | 73.3% | SHOOTING (3-point shooting, 75%; Mid-range shooting, 85%; Long range shooting, 75%; Lay-up, 90%) | 81.3% |
| | SUPPLEN ESS | | CATCHING | |
| | | | REBOUNDING (rebounding, 80%) | 80% |
| | | | TACTICS (screening, 90%; Foot works, 90%; side stepping skill, 90%) | 90% |
| | OVERALL | 75.8% | | 82.7% |

Performance Profile of the Male Basketball Power Forward on table 8.

Table 9: Performance Profile of the Two Female Basketball Power Forwards.

| PLAYER | PHYSICAL SKILLS | % | TECHNICAL/TA CTICAL SKILLS | % |
|--------|--------------------------------|-----|----------------------------|-----|
| FAR11 | STRENGT H (Core strength, 70%) | 70% | DRIBBLING (Dribbling, 80%) | 80% |

| | | | | |
|-------|--|-------|---|-------|
| | SPEED (speed, 50%) | 50% | PASSING (Short passing, 70%) | 70% |
| | STAMINA (endurance, 60%) | 60% | SHOOTING (Short shooting, 70%) | 70% |
| | SUPPLEN ESS (agility, 40%; mobility, 30%) | 35% | CATCHING (receiving, 40%) | 40% |
| | | | REBOUNDING (rebounding, 80%) | 80% |
| | | | TACTICS (balance, 40%) | 40% |
| | OVERALL | 50% | | 63.3% |
| FAR12 | STRENGT H (strength, 50%) | 50% | DRIBBLING (dribbling, 40%) | 40% |
| | SPEED (speed, 30%) | 30% | PASSING (Medium passing, 40%) | 40% |
| | STAMINA (endurance, 30%; power, 40%) | 35% | SHOOTING (Short shooting, 70%; Long shooting, 20%) | 45% |
| | SUPPLEN ESS (flexibility, 30%; agility, 40%) | 35% | CATCHING | |
| | | | REBOUNDING (rebounding, 50%; Leg power, 60%; recoverability, 75%) | 61.7% |
| | | | TACTICS (blocking, 20%; screening, 30%; Ball manipulation, 30%; Balance, 40%) | 30% |
| | OVERALL | 41.7% | | 43.1% |

Table 9 reveals that the two female power forward athletes where their physical skills and technical skills fall below the standard skills of a power forward. This has to be addressed by the coach, since the position requires athleticism and strength on defense, and versatility in traveling around the paint. Rebounding, blocking shots, setting screens, and playing solid defense are some the important roles that a power forward has to accomplish.

4.5 Performance Profiles of Male and Female Basketball Centers

Speed, mobility, and strength are a winning combination that a center possesses. The performance profiles of the three male Basketball centers in Table 10 reveals that the combination cannot be found on the self-rating. Only MAR10's self-rating of 80% strength interpreted as above average is reflected. The overall percentage of the three male athletes fall between below average and poor. A good center is skilled in gathering rebounds, takes high percentage shooter on offense (open shots and shots close to the basket. He is the gatekeeper and the last line of defense to the basket. Shown on the table, is a revelation that the three male center lack skills technically.

Table 10: Performance Profile of the Three Male Basketball Centers.

| PLAYER | PHYSICAL SKILLS | % | TECHNICAL/TACTICAL SKILLS | % |
|--------|---|-------|---|-------|
| MAR8 | STRENGTH (force, 40%) | 40% | DRIBBLING (crossover, 20%) | 20% |
| | SPEED (Speed, 60%) | 60% | PASSING (Passing skill, 59%) | 59% |
| | STAMINA (Physically fit, 30%; Endurance, 30%) | 30% | SHOOTING (Lay-up, 85%; Turn around shot, 60%; 3-point shot, 35%; dunk, 50%; Back shot, 50%; Jump shot, 40%) | 53.3% |
| | SUPPLEN ESS (agility, 31%) | 31% | CATCHING | |
| | | | REBOUNDING (Vertical jump, 80%; High jumper, 50%) | 65% |
| | | | TACTICS (Shot selection, 65%; Box out, 45%; timing, 65%) | 56.7% |
| | OVERALL | 40.3% | | 50.8% |
| MAR9 | STRENGTH (strength, 50%) | 50% | DRIBBLING (dribbling, 40%; crossover, 40%) | 40% |
| | SPEED (quickness, 50%; speed, 60%) | 55% | PASSING (passing, 50%) | 50% |
| | STAMINA (endurance, 50%) | 50% | SHOOTING (shooting, 50%) | 50% |

| | | | | |
|-------|---------------------------------------|-------|--|-------|
| | 70%; power, 50%; Physically fit, 50%) | | Mid-range shooter, 60%; Lay-up, 85%; Free-throw shooting, 65%) | |
| | SUPPLEN ESS (agility, 50%) | 50% | CATCHING | |
| | | | REBOUNDING (Leg power, 70%) | 70% |
| | | | TACTICS (defense, 50%; balance, 35%; Body coordination, 50%) | |
| | OVERALL | 52.9% | | 56.3% |
| MAR10 | STRENGTH (Upper body strength 80%) | 80% | DRIBBLING (Crossover, 40%; dribbling, 35%) | 37.5% |
| | SPEED | | PASSING | |
| | STAMINA (stamina, 75%) | 75% | SHOOTING (Accuracy in shooting, 20%; Shooting, 25%) | 22.5% |
| | SUPPLEN ESS (agility, 40%) | 40% | CATCHING | |
| | | | REBOUNDING | |
| | | | TACTICS (Good court vision, 30%; "No hesitation", 50%; Foot work, 30%) | 33.3% |
| | OVERALL | 65% | | 31.1% |

Performance Profile of the Three Male Basketball Centers on table 10. The self-rating of the three female basketball centers reveals that FAR13's overall rating in physical skills is interpreted as poor, and in technical skills is far beyond poor which the coach needs to address and decide. On the other hand, the self-rating of FAR14 speed (85%) and strength (85%) are interpreted as above average. FAR15 rated herself above average on speed. In terms of technical skills FAR14 and FAR15 rated themselves skilful in passing and shooting which are important characteristics of a center. The moderate skill in rebounding of FAR14 and FAR15 should be enhanced since the center plays low post on the floor.

Table 11: Performance Profile of the Three Female Basketball Centers.

| PLAYER | PHYSICAL SKILLS | % | TECHNICAL/TACTICAL SKILLS | % |
|--------|--|-------|--|-------|
| FAR13 | STRENGTH | | DRIBBLING | |
| | SPEED (Speed, 50%) | 50% | PASSING | |
| | STAMINA (Core endurance, 15%; Power, 20%) | 17.5% | SHOOTING | |
| | SUPPLEN ESS (flexibility, 30%; Agility, 50%) | 40% | CATCHING | |
| | | | REBOUNDING | |
| | | | TACTICS (balance, 15%; reaction time, 10%) | 12.5% |
| | OVERALL | 35.8% | | 12.5% |
| FAR14 | STRENGTH (strength, 85%) | 85% | DRIBBLING | |
| | SPEED (speed, 85%) | 85% | PASSING (Long passing, 85%; Short passing, 80%; Medium passing, 80%) | 81.7% |
| | STAMINA (power, 85%; endurance, 80%) | 82.5% | SHOOTING (3-point shooting, 80%; Free-throw shooting, 85%) | 82.5% |
| | SUPPLEN ESS (agility, 85%; flexibility, 80%) | 82.5% | CATCHING | |
| | | | REBOUNDING (recoverability, 75%) | 75% |
| | | | TACTICS (Ball manipulation, 80%; Balance, 85%) | 82.5% |
| | OVERALL | 83.8% | | 80.4% |
| FAR15 | STRENGTH | | DRIBBLING (dribbling, 75%) | 75% |
| | SPEED (speed, 80%) | 80% | PASSING (Long passing, 80%) | 80% |

| | | | | |
|--|--|--------------|---|--------------|
| | quickness, 80%) | | | |
| | STAMINA (endurance, 80%; power, 75%; explosiveness, 75%) | 76.7% | SHOOTING (Long shooting, 75%; Close shooting, 85%; Lay-up, 80%) | 80% |
| | SUPPLEN ESS (agility, 80%; Flexibility, 70%) | 75% | CATCHING | |
| | | | REBOUNDING (Rebounding, 75%) | 75% |
| | | | TACTICS (Screening, 80%; defense, 85%; balance, 80%; rhythm, 80%) | 81.3% |
| | OVERALL | 72.2% | | 78.3% |

Performance Profile of the Three Female Basketball Centers on table 11.

5 CONCLUSION

Based on the findings on the physical skills and technical skills of both male and female athletes in relation to the achievement of top performance by the team, the following conclusions are articulated:

Although most of the basketball athletes have above average or average physical skills, there are still areas that need to be enhanced. In the same way that there are certain areas in technical skills needing improvements, especially those areas required of a position in basketball.

Since basketball is a head-to-head competition between two teams, having two or three players who are above average is not enough for a team to achieve top performance. A 90% to 100% percent good speed, agility, endurance, stamina and athletic body among players can be targeted by the coaches.

Coaches have to concern themselves with the below average and poor physical skills among the players during the training. While the different positions requires different technical attributes it is best to have at least some ability in all five areas other than the skills required in the position.

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