

Features of competitive activity for instrumental and expressive leaders of student basketball teams

UDC 796.056:159.9



PhD, Associate Professor **M.V. Eremin**¹

Dr. Hab., Associate Professor **V.A. Kudinova**²

PhD, Associate Professor **M.N. Komarov**³

PhD, Associate Professor **V.I. Sharagin**⁴

^{1,3}Russian State Social University, Moscow

²Volgograd State Physical Education Academy, Volgograd

⁴Moscow State University of Psychology & Education, Moscow

Corresponding author: eremin-max@mail.ru

Abstract

Objective of the study was to identify the features of competitive activity among the instrumental and expressive leaders of student basketball teams.

Methods and structure of the study. In the work on the Cattell scale, indicators of leadership, emotional manifestation and performance were determined, basketball players were divided into instrumental and expressive leaders. Indicators of physical fitness were identified based on the results of the main test tasks, competitive activity - time played, shots from the field, free throws, passes and interceptions, rebounding the ball on one's own and another's backboards, fouls. The study involved 156 basketball players from Moscow universities.

Results and conclusions. The instrumental leaders showed higher results (5% significance level) in comparison with the performance of the athletes of the rest of the group of athletes in carpal dynamometry, pull-ups on the bar, long jump from a place, medicine ball throwing. Expressive leaders more effectively performed the 3x10 m shuttle run, made more field goals (15.4 shots), had the highest rate of shots effectiveness (48.5%), performed more assists (7.9 assists). The instrumental leaders intercepted balls more successfully (12.6 interceptions), made fewer mistakes when dribbling and passing the ball (7.4 errors). Significant differences in physical readiness and results of competitive activity by basketball players of student teams between instrumental and expressive leaders and followers were revealed, which should be taken into account in the training process and competitive activity.

Keywords: *basketball students, physical training, competitive activity, instrumental and expressive leaders.*

Introduction. The high efficiency of competitive activity in modern basketball requires taking into account all the factors of sports training [1, 3, 4]. A large reserve in this direction is the identification of the features of physical fitness and competitive activity of instrumental and expressive leaders [2, 4]. Taking into account the peculiarities of the competitive activity of instrumental and expressive leaders is an important condition for the success of a sports team. However, this area of competitive activity of basketball players remains poorly understood.

Objective of the study was to identify the features of competitive activity among the instrumental and expressive leaders of student basketball teams.

Methods and structure of the study. In the work on the Cattell scale, indicators of leadership, emotion-

al manifestation and performance were determined, basketball players were divided into instrumental and expressive leaders. Indicators of physical fitness were identified based on the results of the main test tasks, competitive activity - time played, shots from the field, free throws, passes and interceptions, rebounding the ball on one's own and another's backboards, fouls. The study involved 156 basketball players from Moscow universities.

Results of the study and their discussion. Expressive and instrumental leaders are the main assistants to the coach in solving the problems of physical and technical-tactical training of university students involved in basketball. They help the coach implement modern means and methods of improving the sportsmanship of the players, discuss with the coach and



athletes the ways to improve the quality of the game, help in educational work in the team. included in the first two groups). The share of instrumental leaders was 12.2%, expressive - 9.0%, and other basketball players - 78.8%.

Leadership qualities of instrumental leaders were assessed by experts on a ten-point scale at the level of 9.05 points, emotional qualities - 6.57 points, and their effectiveness - 8.89 points. Expressive leaders in terms of leadership had 6.50 points, emotional manifestations - 8.14 points, performance - 7.43 points. In the group of other participants, the analyzed characteristics were at the level of average values (4-6 points). Expressive leaders are sociable, sympathetic

and good companions, instrumental leaders are hard-working, demanding, energetic, persevering and determined.

Comparative characteristics of indicators of physical development did not reveal differences in different contingent of the examined. The instrumental leaders showed higher results (5% significance level) compared to the rest of the group of athletes in carpal dynamometry (69.8 kg), pull-ups on the bar (10.2 times), standing long jump (298.5 cm), stuffed ball throwing (17.75 m), and expressive leaders more effectively performed shuttle run 3x10 m (9.6 s).

An analysis of the physical fitness of students involved in basketball shows that instrumental and ex-

Table 1. Comparative characteristics of physical development and physical fitness of athletes of different typological groups

Indicators	Typological groups		
	Instrumental leaders	Expressive leaders	The others
Body length, cm	189,4	190,6	188,5
Body weight, kg	81,5	82,2	82,4
Brush strength, kg	69,8	65,1	64,9
Pull-ups on the crossbar, number of times	10,2	9,4	9,2
Long jump from a place, cm	298,5	286,4	287,5
Jump up from a place, cm	65,8	63,3	62,1
Throwing stuffed ball, m	17,75	17,10	16,85
30 m run, s	4,31	4,34	4,38
Shuttle run 3x10 m, s	9,7	9,5	10,0
Shuttle run 3x10 m with dribbling, s	11,4	11,5	11,8
3000 m run, s	747,4	748,5	753,1
Torso forward, cm	10,1	9,6	9,7

Table 2. Indicators of competitive activity of basketball players from different typological groups

Indicators	Typological groups		
	Instrumental leaders	Expressive leaders	The others
Time played, min	30,2	27,4	22,4
Field goals, number	14,7	15,4	11,5
The effectiveness of shots from the field, %	46,2	48,5	37,3
Free throws, number	7,4	6,0	4,5
Effectiveness of free throws, %	68,2	64,4	63,3
Effective passes, number	6,7	7,9	7,3
Interceptions of the ball, number	12,6	10,3	9,4
Assisting a foul, quantity	1,7	2,0	1,3
Rebounding the ball on the backboards, quantity	15,7	13,2	12,0
Dribbling errors, number	3,4	3,2	4,4
Errors in passing the ball, number	4,0	4,5	4,1
Personal remarks, quantity	2,5	2,6	3,0



pressive leaders have a higher level of development of physical abilities (Table 1).

In the course of 15 official games for the championship of the city of Moscow in basketball among university students, the game actions of each athlete were recorded. According to our data, team leaders spent more time in the game than other players (Table 2). The top players made more field goals, especially the expressive leaders (15.4 shots), they had the highest shot scoring rate (48.5%).

The instrumental leaders had the most free throws per game (7.4 shots), and their free throw efficiency was also higher (68.2%). The expressive leaders completed more assists (7.9 assists), while the instrumental leaders successfully intercepted balls (12.6 interceptions). Fewer errors in dribbling and passing the ball were made by instrumental leaders (7.4 errors). There were no significant differences in indicators of assistance to foul and personal remarks in different contingent of the examined.

Conclusions. The results of the study showed that the leaders of student basketball teams fulfilled the indicators of competitive activity much more effectively. Leadership is a necessary condition for the effective organization and coordination of interaction between

basketball players of student teams in competitive activities.

References

1. Elevich S.N. The dynamics of the special preparedness of highly qualified basketball players in the competitive period of the annual cycle. PhD diss. abstract. Moscow, 2004. 27 p.
2. Kazakov D.A., Romanova A.V., Eremin M.V., Komarov M.N. The relationship of basketball players of different ages and playing roles. Theory and practice of physical culture. 2021. No. 7. pp. 45-46.
3. Karpov V.Yu., Petrunin R.E., Rodin A.V. The content of technical training of athletes in game sports. Bulletin of the Sochi State University of Tourism and Resort Business. 2011. No. 4 (18). pp. 271-273.
4. Rodionov A.V. General psychological training of high-class athletes. Actual problems of sports science in the preparation of athletes for the Olympic Games. Proceedings International scientific-practical conference. Minsk: CJSC "Vedi", 2004. pp. 21-26.