TACSM Abstract

The JJ Shuttle and In-Game Defensive Basketball Performance for Collegiate Male Players

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ABSTRACT

Agility is widely considered an important skill related fitness component in the game of basketball. Players are tasked to execute successful and efficient accelerations, sprints, abrupt stops, quick changes of direction, varying vertical jumps, and many times a combination of these motor skills. Agility can greatly impact the skills required for an athlete to excel on the court. The purpose of this study was to investigate how the agility of basketball players affected their in-game performance during regular season conference contests. The subjects (N = 10) in this study were members of a collegiate men's basketball team. Agility of the subjects were measured using the JJ Shuttle which produces four segment times and a total time. These five shuttle times were compared for correlation to their in-game performance during regular season conference play. Performance measures of interest were steals, blocks, and defensive rebounds. A Pearson Correlation was conducted between the JJ Shuttle time segments and total time and the steals, blocks, and defensive rebounds of each player. There was a positive correlation between the duration of Segment 3 of the JJ Shuttle and the number of blocks ($r = 0.65$, $p < 0.05$). The results of this study suggest the agility of male collegiate basketball players, as measured by the JJ Shuttle, does not have a strong correlation and is a poor predictor of the in-game performance of steals, blocks, and defensive rebounds. It is suggested that future studies increase the sample size and expand the subject parameters to determine a more holistic representation of this relationship.