

Abstract

Title: Effect of bilateral transfer on shooting with the dominant hand in basketball

Work Title: Increasing the efficiency of successful shooting from the spot with dominant hand by 14 and 15 years old female basketball players

Purpose: The purpose of this work is to show whether it is possible to improve successfulness in shooting from the spot with dominant hand during specialized training focused only on non-dominant hand. First part contains theoretical knowledge related to the asymmetry of hemisphere in human brain, its possible influence on motor skills with upper extremities and technique in determining of laterality. Executed basic shooting exercises for non-dominant hand according to recommended orders found in accessible sources are described in the second part. All exercises were consulted with experts in the field. In this part the executed shooting tests are evaluated and the final conclusion is drawn.

Methods: The test was executed on female basketball players aged 14 and 15 years. For the test of laterality standard methods (Test Tapping and Edinburgh Inventory for handedness) were used. To test Shooting from the spot the test created by myself and consulted with specialists was used. Test results were marked in writing to the second part of the work.

Conclusion: Results of the test did not confirm the hypotheses that training focused on non-dominant hand increases efficiency of shooting with dominant hand in basketball.

Key words: Bilateral transfer, laterality, asymmetry of hemispheres, shooting from the spot, motor learning.