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Analysis of Causes of Victory in Women's Basketball

— About Rebounding —

By *Mitsuo Sasaki**

Many elements to determine victory or defeat in women's basketball are considered. Based on the facts experienced as a coach, the number of rebounding may be cited as one of the important points in the games in which offense and defense are developed continuously—which is the characteristic of this game.

According to data, the average number of offense made per game is approximately 200, the number of shoots approximately 130 to 140, the rate of success in shooting approximately 40%, and the number of chances of rebounding is nearly 80. To capture as many as possible balls from the opponent, which means an increase in the number of offense, is essential in the strengthening of defensive power.

In this paper, discussion is made on the rebounding and analysis is made of "three ways for rebounding," "plays after capturing (three ways for offensive rebound, two ways for defensive rebound)," and "the results of such plays," and also discussion is made on these three things considering the mutual relations existing between them one pattern. As a result of the discussion and analysis made, it was proved that rebounding constituted one important cause of victory.

- (1) As to the number of rebounding, the number should exceed that of the opponent, and a point-getting success rate of offense made after rebounding should be raised.
- (2) As to offensive rebound, a point-getting success rate of "shoots made by the player himself who captured offensive rebound" through "competition" capturing method should be raised. In the case of defensive rebound, a point-getting success rate of "set plays" made after "block-out", "competition" and "loose balls"—three methods for capturing—should be raised, and chances should be sought in order to use as many as possible "first break."

To mention concretely, muscular strength capable of standing the impact

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generated by bodily contact, and bodily balance capable of making shoots amid the mass of players successful ones should be improved.

- (3) As to the relations between the stature of players and the rebounding, which were deemed to affect victory or defeat, no positive relations were noted specifically. The team defeated, whose players were shorter in height, was more successful in rebounding in comparison with the team that won a victory. More important for the team defeated seemed the "power of the will" to capture and the "power of concentration" than the height of the players. However, the relation between the height and the capture of rebound balls is considered one of the subjects of study in women's basketball in the future, along with the study of methods for rebounding.