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Execution of VMBR for the Progress of Team Play

By *Mitsuo Sasaki**

Concerning Basketball game, practiced team play seems to be the most important factor to give full play to stable team ability.

For an effective, and an efficient accomplishment of team play, Visuomotor Behavior Rehearsal (VMBR) was used. The video tape to execute the VMBR was compiled both from the own team's practices, and some successful plays from the games.

A team for subject was a women team of a university including 17 players (age; 18~22). The team practiced five days in a week.

The team plays for an object of study contained 9 Offensive Systems (Flash Play) and 6 Defensive Systems.

Examination was compared with the two cases. Non-VMBR ('87 JAN.~JUN.) and VMBR ('87 AUG.~NOV.). Execution of VMBR was done before each, practices and games, and in such a case when the system doesn't take full play smoothly, it was executed as occasion calls.

RESULT

Successful scoring rate, compared with before and after of executing VMBR, progressed nearly 12%, and it equivalent to about 22 points in score.

Moreover, as to cope with especially, some strong point plays of the opposite team were compiled by the video tapes which were scouted before the match, and using these video tapes, VMBR was executed as an operational play. It was useful to turn to advantage the game evolution.

Infact, VMBR was discovered to be effective for the progress of team play.

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