



Examining the Effect of Fatigue on Shooting Accuracy in Young Basketball Players

Olcay Mulazimoglu¹, Senol Yanar², Ahmet Tunca Evcil³ and Ahmet Duvar²

^{1, 2, 3} **Mugla Sitki Kocman University, Faculty of Sports Sciences, Mugla, 48000, Turkey**
⁴**Kastamonu University, School of Physical Education and Sports, Kastamonu, 37000 Turkey**

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ABSTRACT This research was carried out to examine the effects of fatigue, which result from high-intensity exercises on shooting accuracy in young basketball players. Thirteen male basketball players (15.08±0.64 years) voluntarily participated in the present research (AAHPERD) wherein a basketball shooting test was conducted in order to measure shooting skills of basketball players. The Yo-Yo Intermittent Recovery Test-Level 1 (YYIRT-1) was used in order to create fatigue among basketball players. Heart beat rate of the players were recorded with heart beat monitor. There was a significant difference between pre-test (STSpre=12.62±3.02) and post-test (STSpost=10.54±2.96) values of shooting test scores (STS) ($p<0.01$). Heart rate before the shooting test before physical exertion was found as HRpre=122.31±17.57 bmp, and heart rate average at fatigue level after running test was HRpost =173.77±17.09 bmp. Average HR showed that players conducted shooting test at 87.39± 6.16 percent of the HRmax. Consequently, shooting accuracy skills of young basketball players deteriorate when they are exposed to fatigue level physical exertion.