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ANTHROPOMETRIC ASSESSMENT OF YOUTH NATIONAL CHAMPIONSHIP BASKETBALL PLAYERS IN RELATION TO PLAYING POSITION

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Profiling can be a valuable means of identifying talent, strengths and weaknesses, assigning player positions and helping in the optimal design of training programmes. The objective of this study was to provide anthropometric profile of elite national basketball players. A squad of youth national championship basketball players ($n = 44$) provided informed consent to participate in this study. Using ISAK (International Society of Advancement of Kinanthropometry) accredited methods, a total of 22 measurements (sectioned as: skinfolds, girths, lengths and breadths) were made for each player. The procedure involved three measures at each site to calculate a mean value and an acceptable technical error margin. All data collection was performed by an ISAK level-2 accredited anthropometrist. Performance ability of the players were assessed by using FIBA Live Stat basketball software in terms of offensive and defensive rebounds, shots made versus missed, assist, steal and blocked. Significant differences were found between players playing positions for some anthropometric characteristics (height, weight, arm span, hip-waist ratio, percentage body fat) and strong correlations were noted between playing ability with anthropometrical variables as height, percentage of body fat and breadth measurements ($r = 0.62-0.81$; $p < 0.01$). The study shows that the centre players have superior

values in all anthropometric parameters followed by forwards and then the guards. High successive shooting percentage was observed among the forward players followed by the centre players and then the guards.