

PROCEDURE - Immediately upon reporting for practice the players submitted themselves for the test. One hour later the same players were given the test again. At the close of practice the players were tested again. This showed the effect of fatigue upon muscular steadiness.

RESULTS - The data collected in this investigation consists of the daily record made in steadiness and the record of both free throws and field goal shooting. The publication of all this data necessitates considerable space, and as our main interest was in the relationship existing between muscular steadiness and shooting ability only averages will be included in this paper, together with correlations.

TABLE I STABILITY RECORD

Tests	Subjects																					Ave
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
S1	5.2	2.2	8.8	13.1	11.5	21	3.6	6	5.5	11.5	8.6	12.5	11	17.5	9	7.5	9	7	14.2	6.5	11.6	9.6
S2	10.4	3.6	18.6	17.8	14.3	25.5	13.3	9.6	9.5	12	16.1	24.5	18	26	9.8	12	16	14.2	19	9.2	18	15.1
S3	17.8	7.3	22.3	29.4	18	26	14	10.6	11.5	17.5	20.4	26.5	15	26	14.7	15.6	18	12.9	17.3	10	28.5	18.1

TABLE II SCORING AVERAGES

Per cent	Subjects																					Ave
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Field Goals	30	30	33	22	27		35	20	26	30	34	20	20	21	32	30	22	37	22	28	29	27.4
Free Throws	65	60	60	71	60		75	46	59	75	67	52	55	50	69	67	34	70	56	50	54	59.1

The criterion of the part muscular steadiness or lack of steadiness plays in shooting ability is the correlation coefficient existing between steadiness and scoring efficiency. In Table III are the correlation coefficients between the different stimulus situations and scoring ability. These correlations indicate that there is a significant relationship between the changes in muscular steadiness of the basketball player and his scoring efficiency.

TABLE III CORRELATIONS

Scrimmage Field Goals	<u>S1</u>	<u>S2</u>	<u>S3</u>
Practice Field Goals	47	23	12
Practice Free Throws	29		92
Average Scoring Games and Practice	53	33	34
	38	43	37

CONCLUSIONS - There are great individual differences in both normal steadiness and changes in steadiness resulting from exercise. There is a definite relationship between steadiness and scoring ability.