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## Legal Knowledge and its Relation to some Offensive Skills Ending with Shooting from Jumps and Lay-up Performance Among Secondary School Basketball Team Players

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### ABSTRACT

*Legal knowledge is a crucial aspect of sports, particularly basketball, as it guides and organizes skillful performance within correct framework of rules. A player's familiarity with rules of game helps avoid mistakes and improve performance quality, especially in offensive skills that require precision and speed of execution. This study aimed to identify relations between legal knowledge and performance of some offensive skills ending with shooting jumping shoot and lay-up shoot among secondary school basketball team players. The researchers used descriptive approach with correlational relationships, as it was suitable for nature of problem. Sample was selected purposively from players of teams that qualified for semi-finals of school championship, totaling 40 players. A legal knowledge scale consisting of 75 items was applied, in addition to conducting skill performance tests for skills under investigation. Data were statistically analyzed using simple correlation coefficient (Pearson). Results showed a significant positive correlation between legal knowledge and performance of offensive skills ending with shooting, indicating that a higher level of legal knowledge among players contributes to improving their skill performance. The researchers concluded that legal knowledge represents an important factor in developing skill performance in basketball, as it plays a role in guiding performance and reducing errors, recommended necessity of paying attention to this aspect within educational and training programs and conducting similar studies on different groups.*

Keywords: Basketball; Legal Knowledge; Offensive Skills; Jump Shooting; Lay-Up Shooting.

### ABSTRAK

Pengetahuan hukum adalah aspek penting dari olahraga, terutama bola basket, karena memandu dan mengatur kinerja terampil dalam kerangka aturan yang benar. Keakraban pemain dengan aturan permainan membantu menghindari kesalahan dan meningkatkan kualitas kinerja, terutama dalam keterampilan ofensif yang membutuhkan presisi dan

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kecepatan eksekusi. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara pengetahuan hukum dan kinerja beberapa keterampilan ofensif yang diakhiri dengan menembak, melompat, menembak, dan menembak lay-up di antara pemain tim bola basket sekolah menengah. Para peneliti menggunakan pendekatan deskriptif dengan hubungan korelasional, karena cocok untuk sifat masalah. Sampel dipilih secara sengaja dari pemain tim yang lolos ke semifinal kejuaraan sekolah, dengan total 40 pemain. Skala pengetahuan hukum yang terdiri dari 75 item diterapkan, selain melakukan uji kinerja keterampilan untuk keterampilan yang sedang diselidiki. Data dianalisis secara statistik menggunakan koefisien korelasi sederhana (Pearson). Hasil menunjukkan korelasi positif yang signifikan antara pengetahuan hukum dan kinerja keterampilan ofensif yang diakhiri dengan menembak, menunjukkan bahwa tingkat pengetahuan hukum yang lebih tinggi di antara pemain berkontribusi untuk meningkatkan kinerja keterampilan mereka. Para peneliti menyimpulkan bahwa pengetahuan hukum merupakan faktor penting dalam mengembangkan kinerja keterampilan dalam bola basket, karena berperan dalam memandu kinerja dan mengurangi kesalahan, merekomendasikan kebutuhan untuk memperhatikan aspek ini dalam program pendidikan dan pelatihan dan melakukan studi serupa pada kelompok yang berbeda.

Kata Kunci: Bola basket; Pengetahuan Hukum; Keterampilan Ofensif; Menembak Lompat; Menembak Lay-up.

## **INTRODUCTION**

Testing and assessment are fundamental processes in work of physical education coaches and teachers. Represent scientific tools for diagnosing students' and athletes' physical, skill-based, and cognitive abilities, and form basis for modern educational and training programs. This process also helps reveal individual differences among learners, identify their strengths and weaknesses, and develop appropriate solutions to address these weaknesses, thus achieving holistic development in athletic performance. Attention is no longer limited to physical and skill-based aspects alone, but has expanded to include cognitive and mental aspects, which have become crucial elements in achieving athletic success.

Legal knowledge has become an integral part of player preparation, given its significant role in regulating and guiding performance within a sound legal framework. It helps players understand different game situations, make appropriate decisions at right time, and avoid errors and violations that could negatively impact team performance. Awareness of rules contributes to improved interaction with flow of game and empowers players to capitalize on opportunities more effectively during competition.

Basketball is a team sport characterized by speed and constant change in playing situations, which requires player to have a high level of legal understanding in addition to mastering basic skills and tactical performance. player's success in executing offensive skills, especially shooting skills such as jump shots and handball, does not depend only on physical and technical efficiency, but is also related to his awareness of rules regulating these skills, such as rules of steps, timing, legal contact, and other aspects that directly affect correctness and effectiveness of performance.

Legal knowledge is one of important aspects that athletes at all levels, whether practitioners or spectators, should focus on, as it plays a role in understanding course of

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game and interpreting its various situations. Familiarity with legal aspects of game contributes to increasing player's awareness of competitive situations and helps them make appropriate decisions during performance. Knowledge is a means of understanding, discovering, or reinterpreting information more deeply. outstanding player is one who combines physical and technical abilities with theoretical knowledge related to performance. Acquiring a skill without accompanying legal knowledge makes learning process incomplete and requires modification.

Assessing legal knowledge alongside physical and technical abilities contributes to building integrated educational and training programs that consider all aspects of player development and help improve their technical and tactical performance more accurately and effectively. Combining theoretical and practical aspects leads to deeper and more lasting learning, making player more adaptable to changing situations within a match.

Importance lies in identifying levels of students practicing basketball in terms of their understanding of rules of game from a theoretical perspective, in addition to their application of them from a practical perspective. importance of research lies in using a scale of legal knowledge through which it is possible to determine levels of students in this aspect, and to adopt it as a basis for evaluating them within subject of basketball, as well as to show relationship between this variable and level of performance of some offensive skills, which contributes to developing educational process and improving level of performance among students.

Reaching highest levels of athletic achievement requires continuous, scientific training processes based on measurement, evaluation, and collection of accurate data. These processes aim to develop physical, technical, cognitive, and psychological aspects of athletes. Achieving athletic excellence is no longer solely dependent on physical and technical preparation; it now necessitates integration of cognitive aspects, particularly legal knowledge, which guides performance within correct framework of rules governing sport.

Through their observation of secondary school tournaments and a review of previous literature and studies, the researchers found a clear weakness in focus on legal aspects of basketball. They observed a lack of emphasis among team coaches on explaining important rules that players should be familiar with, as well as a lack of attention from some physical education teachers in developing this aspect among students. This negatively impacted performance levels, resulting in numerous rule violations and poor utilization of offensive opportunities during play, research problem for two the researchers crystallized in identifying level of legal knowledge among secondary school basketball team players, and extent to which this knowledge is related to performance of some offensive skills ending with shooting, especially shooting from jump and free throw, problem can be formulated as following question: Is there a statistically significant relationship between level of legal knowledge of basketball and performance of some offensive skills ending with jump shooting and dribbling among secondary school team players?

Research Objectives to identifying results of legal knowledge among secondary school basketball team players. Identifying results of tests of some offensive skills ending with jump shooting and hand-held shooting among secondary school basketball team players. Identifying relationship between results of legal knowledge scale and

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results of some offensive skills ending with shooting from jump and lay-up play among secondary school basketball team players. Research hypothesis there is a significant correlation between legal knowledge and performance of certain offensive skills culminating in jump shooting and ball control among secondary school basketball team players.

## METHODS

Researcher used descriptive approach with a survey method, as it was suitable for nature of problem and its objectives. research population was defined as players of school teams participating in preparatory stage school championship for academic year (2022-2023), totaling (12) teams, with (10) players per team. As for research sample, the researchers selected it purposively, as it consisted of players of four teams that qualified for semi-finals of championship, as these teams were distinguished by a good level of legal knowledge related to rules of game, in addition to their players possessing a suitable level of skill performance in basic skills. number of individuals in research sample amounted to (40) players, which represents (33.33%) of original research population.

### Statistical Description

The researchers conducted a statistical characterization of research sample, which included internal variables that may indirectly affect study variables, namely mass, height, and age, in order to determine degree of homogeneity of sample in terms of skewness coefficient.

**Table 1.** Illustrates statistical features of income variables for sample

Variables	Measurement unit	Mean	St.d	Torsion coefficient	Sig.
Mass	Kg.	61.495	3.44	0.285	Sig.
Height	cm.	179.397	7.957	0.485	Sig.
Age	Year	16,348	0.973	0.769	Sig.

### Devices and tools used in research

Methods of Information Collection: References and Sources, Personal Interviews, Observation and Experimentation, Legal Knowledge Assessment Form, Test Recording Form, Internet, Supporting Team

Equipment and tools used: -Basketball court indoor hall, Weight measuring device Length measurement 20-meter measuring tape, (2) plastic chairs, (1) stopwatch, Lenovo laptop calculator B590 Chinese made, 5 legal basketballs, 1 whistle, plastic goalposts, 4 barriers

### Tests used in research

High-passing and receiving test ending with a jump shot, purpose of test: To measure ability to receive and dribble high, ending with a jump shot. Two points. Equipment: Basketball court, four hurdles, a goalpost, (10) legal basketballs, a leather measuring tape (20m), adhesive tape, an electronic timer, two chairs, and a whistle. procedures: A central point is identified under basket, which is used to mark key points. Three points are identified: first is in front of central point at a distance of (2.32m), second is on near left side at a distance of (4m) from central point, which in turn is (2m)

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away from line under basket, and third is on far left side at a distance of (7.79) and is (1m) away from side line, and represents position of tested player. Place four barriers (height of column for each of them is 2m and barrier suspended on each of them is 100cm long from top and 50cm wide) at a distance of (75cm), two of them towards player being tested at first and second points, and other two towards player being tested from side of cut at third point. A marker is placed at end of free throw line (left side of center point) in order to force player being tested to enter area from his side. A single forward point is identified at a distance of (8.35m) from central point and represents position of one of team members who hands over ball.

Performance description: player being tested stands on side point marked on ground (on far-left side from center point), and at same time, a member of work team stands with ball on front point designated for him. At starting signal (whistle), ball is handed (breast pass with both hands) from front to test player, who performs a jump (two points) for one attempt, and then returns to same point to perform another attempt towards side point (to left of center point) after ball is handed over a second time, and then returns to same point to complete eight attempts in same way and alternately, as shown in steps (1, 2, 3, 4, 5). Player being tested performs ten attempts divided into (five attempts towards inside of area and others towards side point alternately).

Test requirements: Speed in performance and assisting tested player (alertness) to perform attempts from their specified places, and one of work team members standing at front point delivers (10) consecutive balls according to performance description, and each player has only two incorrect attempts.

Test administration: Timer: Gives starting signal as well as calculating time taken to perform test. Recorder: It calls out names first and then indicates both successful and unsuccessful attempts and time.

Calculating grade: time is calculated from time test player receives ball until end of tenth attempt after ball leaves test player's hand. time is divided by (60 seconds). A player is awarded a point for each successful jump shot player receives (zero) points for each failed jump shot attempt. Accuracy scores are tallied for successful attempts, total (final) score is divided by accuracy result over time.

Receiving and high dribbling ending with a lay-up shot: purpose of test: Measuring ability to receive and dribble high, ending with a smooth shot. Equipment: Basketball court, four hurdles, (8) legal basketballs, leather measuring tape (20m), adhesive tape, electronic timer, two chairs, whistle, procedures: Identifying a central point under basket is used to mark main points. Two points are identified, first being in front at a distance of (8.35) from central point, and second being on left side at a distance of (7.79m) from central point, which in turn is (1m) away from sideline, and they represent position of tested player. Place four barriers (height of column for each of them is 2m and barrier suspended on each of them is 100cm long from top and 50cm wide), two of them at a distance of (75cm) and facing test player, and other two to right and left of central point inside area at a distance of (3.25m), (2.21m) respectively. Place a marker at a distance of (50 cm) from end of free throw line (left side of center point) in order to separate entry of test player into area from both sides (right and left). Two points are marked: first is forward and 8.35m from center point, and second is on far left side, 7.79m from sideline (1m). These represent position of team members who pass ball to each point.

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Performance description: player being tested stands on first (front) point marked on ground, and at same time two members of work team stand with ball on two designated points. At starting signal (whistle), ball is handed (a chest pass with both hands) from right side to test player, who performs receiving and high dribbling directly towards basket and to right of target to perform free throw for one attempt (handover is from right side), and then moving to second (side) point to perform another attempt towards basket and to left of target (handover is from front point), and then returning to first (front) point to complete six attempts in same way and alternately, as shown in steps (1, 2, 3, 4, 5, 6). player being tested performs eight attempts divided into (four attempts from first point, four attempts from second point and exchange).

Test requirements: Speed in performance and assisting player being tested (alerting) to perform attempts from their designated places. One of team members standing to left of player being tested delivers (4) balls and (4) balls by one of second team members standing to right of player being tested alternately and according to performance description, and monitoring correct steps, correct arm and correct arm for lay-up shooting, and each player has only two incorrect attempts. Test administration: Timer: Gives starting signal as well as calculating time taken to perform test. Recorder: It calls out names first and then indicates both successful and unsuccessful attempts and time.

Calculating grade: time is calculated from time player being tested receives ball until end of tenth attempt after ball leaves player's hand. Divide time by (60 seconds). A player is awarded a point for each successful lay-up shot player receives (zero) points for each failed shot or incorrect performance. Accuracy scores are tallied for successful attempts. Total (final) score: Dividing accuracy result by time.

## **Pilot Experiment**

Pilot experiment is one of important procedures in scientific research that the researchers should carry out before proceeding with main experiment, in order to ensure suitability of devices, tools and tests used for research sample, as well as to identify potential obstacles and weaknesses that may face process of applying tests, as well as determining appropriate time for each test, and readiness of assisting work team. researchers, with help of support team, by conducting a pilot experiment on (5) players from outside research sample, in closed hall of Mitham Habib in city of Kut, on Sunday, 16/11/2024, in order to ensure validity of procedures and possibility of applying them as required.

## **Main Experiment**

After completing pilot study, the researchers moved on to implementing main experiment on research sample. the researchers administered Legal Knowledge Scale in Basketball, consisting of (75) items, to research sample of (40) school team players on Sunday, March 5, 2025. After completing application of scale, the researchers collected data for all members of sample and organized it into tables, in preparation for statistical processing.

After examination, verification, and statistical analysis, it was determined that questionnaires submitted by research sample were complete and valid for analysis. All (40) questionnaires were accepted. the researchers calculated total scores for sample members, assigning one point for a correct answer and zero for an incorrect answer. the researchers conducted offensive skills tests culminating in shooting, specifically jump

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shooting and handheld shooting, on research sample. sample was divided into two groups to organize testing process, and tests were administered over two days, Monday and Tuesday, March 6-7, 2025, in indoor hall (Martyr Maitham Habib Hall) at Al-Kut Club.

The researchers were careful to stabilize environmental and organizational conditions of tests and make them suitable to ensure accuracy of results. After completion of tests, data were collected and entered forms specific to each test, and then statistically processed to reach final results of research.

Statistical methods used: Researcher relied on statistical package system (SPSS).

## RESEARCH RESULTS

After the researchers completed application of legal knowledge scale and skills tests for studied dependent variables, results were statistically processed. Below is a presentation of them in graphs and tables, their analysis, and then a discussion supported by scientific sources, as follows:

Presenting and analyzing results of study of legal knowledge and offensive skills

**Table 2.** Statistical characterization of research sample results in legal knowledge scales and offensive skills tests

N	Tests	Measure	Mean	Medi	Std	Torsion
o		ment unit		ator		coefficient
1	Legal Knowledge Scale	Degree	54.495	58	6.584	0.285
2	High-level receiving and patting test Ended by shooting with a jump	Degree/ Sec.	8.484	7	2.495	0.947
3	Receiving and high-pitched Ending with lay-up shooting	Degree/ Sec.	7.486	8	2.068	0.683

Based on Table 2 Statistical characterization of research sample results in legal knowledge scales and offensive skills tests, the Legal Knowledge Scale variable obtained a mean value of 54.495, a median of 58, a standard deviation of 6.584, and a torsion coefficient of 0.285. In the high-level receiving and patting test ending by shooting with a jump, a mean score of 8.484, a median of 7, a standard deviation of 2.495, and a coefficient of stunt of 0.947 were obtained. Meanwhile, in the receiving and high-pitched ending with lay-up shooting test, a mean value of 7.486, a median of 8, a standard deviation of 2.068, and a coefficient of stiffness of 0.683 were obtained.

Presentation and analysis of relationship between legal knowledge results and performance results of offensive skills tests ending with jump shooting and lay-up shooting

**Table 3.** Correlation coefficient of legal knowledge scores and performance on two offensive skills tests ending with jump shooting and lay-up shooting

Offensive tests ending with shooting from jumps and ladders	Value (r)	Sig. level	Sig. type
High-level receiving and patting test ending with a jump shot	0.684	0.000	Sig.

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Receiving and high-level tamping ending with a lay-up shot	0.572	0.000	Sig.
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Table 3 shows that, to determine degree of relationship between legal knowledge and performance in offensive skills culminating in jump shots and lay-up shots, the researchers used Pearson's simple correlation coefficient. results showed a significant positive correlation between legal knowledge and performance in offensive skills under investigation. correlation coefficients between legal knowledge variable and both tests (receiving and dribbling culminating in jump shots and receiving and dribbling culminating in lay-up shots) indicate a positive linear correlation. This suggests that higher players' level of legal knowledge, better their performance in these combined skills. the researchers explain this result in light of nature of basketball, which is characterized by speed and constantly changing game situations, requiring players to make immediate and accurate decisions, which largely depends on their level of understanding of rules of game.

## DISCUSSION

This is explained by fact that legal knowledge contributes to guiding skill performance correctly, helping player avoid errors and violations while executing skills, which positively impacts quality and accuracy of performance, a clear understanding of rules of game makes a player more capable of making right decision in different situations, especially in offensive skills that require speed and precision. This has been confirmed by numerous sources, which state that legal knowledge is not a separate theoretical aspect but rather an essential component of skill performance. It helps player understand boundaries of correct performance and avoid violations while executing skills, particularly in jump shooting and handball, which require precise coordination between movement and rules. This was confirmed by a study. Putra et al.(2021) indicated that integrating cognitive aspects with motor performance contributes to improving performance accuracy and reducing errors during execution.

The researchers attribute this positive relationship to players' familiarity with rules of basketball, as well as attention given by coaches and physical education teachers to incorporating theoretical aspects into educational and training units. This is achieved through providing explanations and introductory lectures related to rules of game during lessons or training sessions. integration of theoretical and practical aspects contributes to more effective and lasting learning.

This relationship can also be explained by fact that a player with a good understanding of rules is better able to make right decisions in attacking situations, which positively impacts quality and speed of their performance. Gulyanto's study and others(2021)that learning based on understanding and analysis contributes to improving skill performance and interaction within educational and sports situations.

The researchers also explain that training and educational processes cannot be separated, as first stages of training, especially for young children and school students, involve teaching performance and mastery, sometimes with addition of certain difficulties. This can only be achieved through complete knowledge and attention to cognitive aspect. Mastering skills is impossible without understanding all aspects of performance, including rules governing game and skill. This underscores importance of

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integrating cognitive aspect into educational and training programs, as a player who understands rules related to a skill is more capable of executing it correctly. This was confirmed by a study (Nofriansyah Others, v2024) explained that interactive and knowledge-based learning contributes to raising level of performance and increasing students' motivation to learn.

This is confirmed by scientific literature, which indicates that "more athlete or student delves into studying and analyzing skill, more he is able to discover aspects that are directly related to success of performance", and "knowledge of rules of game represents one of basic pillars that organize course of game, and contributes to acquiring correct behavior during match, and player's awareness of this aspect is related to level of his skill and tactical performance".

A player's familiarity with rules of game he plays is an important factor in achieving proper and accurate performance, as it plays a role in guiding and enhancing skill performance within correct legal framework.

Based on above, it can be said that positive relationship between legal knowledge and skill performance reflects importance of integration between cognitive and applied aspects in sports learning process, which confirms need for coaches and physical education teachers to include legal aspects in educational programs, due to clear impact this has on improving level of skill performance among players.

## **CONCLUSIONS AND RECOMMENDATIONS**

In light of research findings and statistical analysis of data obtained, the researchers reached following conclusions: Legal knowledge positively enhanced performance of offensive skills ending with jump shooting and lay-up shooting, players of secondary school teams possessed a good level of knowledge according to results of legal knowledge scale, integration of cognitive (legal) aspect and skill aspect is a key factor in developing level of performance in basketball, whenever It rose level Knowledge Legal I have players, mirror that Positively on Their ability in Taking decision Suitable during Performance Al-Mahari, Especially in Positions Offensive.

Emphasizing need to integrate legal knowledge aspect into educational and training programs in basketball, and not to be limited to physical and skill aspects only, directing school education sports and coaches to interest explanation laws game in a way simplified my methodology during lessons and units training, and link it by application practical inside stadium, inclusion vocabulary especially with knowledge legal within curricula education sports, and with it fits with stage study for students, procedure studies future connects knowledge legal with variables other for example taking decision, performance my plans, intelligence kinetic in games sports. Conducting similar studies for other games team and individual that are practiced in accordance with international law.

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